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GULF SEAFOOD ON THE REBOUND
OIL SPILL NO LONGER A CONCERN? {page 52}

FUTURE
PEYTON WON'T DWELL ON PAST
SPORTS {page 56}

TORONTO metro®
Thursday, August 26, 2010
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▶ Heatherton, Lima and Iman

JOHN R. KENNEDY/FOR METRO TORONTO

The secret's out: Lingerie line lands in Toronto

Supermodels Erin Heatherton, Adriana Lima and Chanel Iman were in town yesterday to launch the newest Victoria's Secret store in Canada, at the Yorkdale Shopping Centre. The store opens to the public today, with Lima on hand to sign autographs from 1:30 to 3:30 p.m. More coverage, see page 43.

Can 41 lift up 23?

Rapid regional growth leading to low voter turnout, says Ajax official

Sum 41 band members are among a host of home-grown celebrities helping tackle voter apathy in Ajax, in a YouTube video encouraging residents to vote in October's municipal election.

The town's "Get Out the Vote" video features residents and celebrities such as former Canadian Idol judge Farley Flex and former major league baseball player Nigel Wilson.

"It addresses the apathy, it addresses the indifference that people have out there," said Renee Horton, a spokeswoman with the town east of Toronto.

The town says 23 per cent of eligible voters in Ajax cast their ballot in the 2006 election, but in Ontario the average is 30 per cent.

"We're looking (into) why our turnout has gone from 30 per cent about three, four elections ago to the low 20s," said city official Martin de Rond.

"It's quite disturbing."

The video is part of a campaign targeting students, professionals and older adults.

THE CANADIAN PRESS

A new Lee's on life

Legendary venue gets a facelift {page 4}

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Ford ordered to repay donations

Mayoral front-runner Rob Ford has been ordered to repay thousands of dollars in donations he solicited improperly for his football charity.

City council quietly approved the recommendation from the city's integrity commissioner yesterday morning. The Etobicoke councillor broke city rules when he used office letterhead to seek funds for the Rob Ford Football Foundation, commissioner Janet Leiper concluded after a four-month investigation.

Calling it "improper use of influence," Leiper ruled Ford should reimburse the lobbyists and corporate donors. City records show Ford has raised a total of $37,294.68, although less than half of that is affected by yesterday's ruling.

By the time Leiper launched her investigation in May, Ford had already been warned twice — last December and again in February — about using city materials to solicit donations for his private charity.

Councillors approved the report without opening the issue for debate, "because we didn't want to let Rob give a big speech about helping kids," said one councillor.

"It's not about the kids. He broke rules, which are in place for good reason." TORSTAR NEWS SERVICE

RENE JOHNSTON/TORSTAR NEWS SERVICE

▶ Mayoral hopeful Rob Ford broke the rules when he used office letterhead to seek funds for his charity, the city's integrity commissioner has concluded.

Layton endorses Pantalone in race

NDP leader lauds deputy mayor's transit advocacy and work as Toronto's tree advocate to get more than 100,000 planted per year

Federal NDP Leader Jack Layton has waded into the Toronto mayoral race, dubbing Joe Pantalone the "one choice" to move the city forward.

Layton announced his endorsement yesterday morning at Nathan Phillips Square just before the start of the last city council meeting under Mayor David Miller.

Layton said, while serving alongside Pantalone on Metro and Toronto councils, and more recently, he has seen him take on project after project and finish them on budget and on time.

Pantalone is the standard-bearer for Miller's left-wing faction of council, but according to the most recent poll, is trailing far behind fellow councillor Rob Ford and former Ontario deputy premier George Smitherman.

"To me, there's really one choice in terms of the direction I'd like to see the city go, and I think many people would like to see the city go, and that's Joe Pantalone."
NDP LEADER JACK LAYTON

In fact, the poll conducted Friday to Sunday for the National Post, Global Television and Newstalk 1010 put the deputy mayor at nine per cent of decided voter support. TORSTAR NEWS SERVICE

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ NDP Leader Jack Layton shows off a photo of himself and mayoral candidate Joe Pantalone on his BlackBerry yesterday after a supporter took their picture.

1 news

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SpinDoctor on what the popularity of an unusual Toronto mayoral candidate says about voters across Canada. More at metronews.ca/blogs

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News in brief

Google email users get vocal

TECHNOLOGY. Google Inc. is adding a free feature that may persuade more people to ditch their landline phones.

The service enables U.S. users of Google's Gmail service to make calls from computers to telephones virtually anywhere in the world.

All calls in the U.S. and Canada will be free through the end of the year. **THE ASSOCIATED PRESS**

Man charged in mall thefts

BREAK-INS. Police say a Toronto man is facing 17 charges after a series of robberies near shopping areas. Police say once the victim would leave their car to do errands, the suspect would break into their cars. Yercit Martinez-Mayorga, 37, has been charged. **THE CANADIAN PRESS**

A new Lee's on life

Abstract, multicoloured mural gave rock venue a distinctive façade on Bloor Street Original artist returns to update the look of Lee's Palace

KEITH CARMAN
NEWS@METRONEWS.CA

HEATHER CARMAN OSTRANDER/FOR METRO TORONTO

▶ Al Runt's new mural outside Lee's Palace is slowly taking shape.

All things must change.

For the past quarter-century, 529 Bloor St. W. has been one of Toronto's most infamous addresses. Lee's Palace, the long-standing concert venue, has been the site of legendary performances from Elton John to rock revolutionaries Nirvana and more.

Additionally, the three-storey frontage is world-renowned by virtue of artist Al Runt's inimitably abstract images.

"My first mural went up on Lee's in 1986 after I got fired as a waiter there," laughed the amicable painter.

"My style hasn't changed but I get a wide berth of references ... everything from Aztec to Dr. Seuss, Robert Crumb and M.C. Esher."

While Runt's initial mural was removed during recent club renovation, his work is gone, but not forgotten. The countenance is currently receiving a facelift thanks to support from owners Bruce Bennett and Jeff Cohen along with the City Of Toronto. Faced with boring brick or a Runt original, they quickly opted for the latter; what Cohen feels is a "fresh" aspect of Hogtown.

"(The city's) Façade Improvement Program grant matched our costs," he said.

"It was important if we were going to take down his original artwork that he had first option to re-do it ... We were excited that he eagerly accepted.

"Initially, we just wanted to make the front look a little fresher but, personally, I like this mural even better than his original work."

"I live and work in the Annex. It was very important to me that the Lee's front stay 'arty.'"
CO-OWNER JEFF COHEN

By the numbers

- **Mural start date:** May 1
- **Unveiling:** Sept. 6 (tentative)
- **Size:** Just more than 600 square feet
- **Gallons of paint used:** Lost count
- **Erasers used:** 10
- **Height:** About 25 feet
- **Times pooped on by pigeons:** 2 to 3 per day
- **Time spent resizing, drawing and painting:** "A lot."

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Boston $151
Travel Sep 14 - Sep 21/pd + taxes & fees $123

Chicago $191
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London $199
Travel Oct 18 - Oct 25/ts + taxes & fees $406

Mexico City $269
Travel Nov 2 - Nov 9/dl + taxes & fees $299

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Travel Nov 4 - Nov 11/aa + taxes & fees $349

Lima $678
Travel Nov 2 - Nov 11/ac + taxes & fees $382

Cairo $699
Travel Nov 8 - Nov 22/tk + taxes & fees $385

Rio de Janeiro $718
Travel Oct 11 - Oct 26/ua + taxes & fees $207

Cape Town $958
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Departs Sep 9/nol/c6.

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Catalonia Yucatan Beach Resort & Spa + taxes & fees $283
Departs Sep 11/nol/c6.

Punta Cana 7 Nights 4.5-Star $398
Occidental Grand Punta Cana (Preference Club) + taxes & fees $332
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Tests show the after-effects of stereotyping

Series of studies conducted over two years looked at range of prejudice including gender, race and age

Two groups of women are asked to write a math test.

One group is supported by a positive atmosphere.

The other is told the test will determine whether they are "smart in math," conjuring up the stereotype that — when it comes to math — men are smarter than women.

As expected, the stereotyped group did worse than the supported one.

But the University of Toronto psychology researchers went further. They asked both groups to perform a series of tasks afterwards designed to gauge aggression levels, ability to focus and powers of self-discipline.

"The implication is that these kinds of subtle reminders about your group — maybe you're being judged slightly differently — can have (negative) effects,"
MICHAEL INZLICHT, U OF T PSYCHOLOGY PROFESSOR

One task involved sampling three different flavours of ice cream, each flavour piled three scoops high.

"In these follow-up tests, the women who felt discriminated against ate more than their peers in the control group," reports assistant psychology Prof. Michael Inzlicht at University of Toronto's Scarborough campus, who led the research.

"They showed more hostility than the control group and they performed more poorly on tests that measured their cognitive skills."

The results, to be published in the next Journal of Personality and Social Psychology, suggest stereotyping and prejudice can negatively affect a person after the act of prejudice is over, and in indirect ways.

TORSTAR NEWS SERVICE

Trinity Bellwoods. Stormed

▶ Three-year-old Cooper Atkinson of Stouffville waves to Stormtroopers yesterday.

RENE JOHNSTON/TORSTAR NEWS SERVICE

The empire strikes back in park

Darth Vader and Stormtroopers invaded Trinity Bellwoods Park to play some games as part of FanExpo, a science fiction show and collector event.

Couple sentenced in sex drugging

A former stripper and her husband were jailed yesterday for drugging and sexually assaulting a couple they had befriended in a Mississauga bar.

David Want, 40, was sentenced to six years in prison, but will only spend three years in federal penitentiary after credit for time served in pre-trial custody. Marcia Want, 31, was sentenced to four years, which means 18 months after credit for time already served. Both will be added to the Ontario sex registry and their DNA will be submitted to the national data bank. **TORSTAR NEWS SERVICE**

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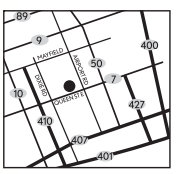

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DEATH AND TAXES

Charities worry funeral group

Ontario's private funeral home operators are worried about what they say is unfair competition from charities and non-profit organizations that run cemeteries.

The Ontario Funeral Service Association says changes to the province's Corporation's Act would allow funeral homes and cemeteries to be operated in combination.

Association spokesman Brian Parent says charities dominate the cemetery sector in Toronto, Hamilton and Ottawa, and any income over $500,000 that they earn from funeral services should be taxed like any other business.

THE CANADIAN PRESS

MICHAEL SMALL/FOR METRO TORONTO

▶ Australian act Liqueur Flambé from Australia will be performing at the Scotiabank BuskerFest for the first time this year. Liqueur Flambé perform a blend of circus stunts, virtuosic violin playing and fire.

Market going to the buskers

- Scotiabank BuskerFest celebrates 11th year
- Festival has raised nearly $1M for Epilepsy Toronto

SURETTE
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Fire jugglers, acrobats, fortunetellers and ventriloquists are just a few of the performers taking over the St. Lawrence Market neighbourhood for this year's Scotiabank BuskerFest.

This weekend, more than one million spectators are expected to gather to eat, drink, shop and watch more than 120 acts — magicians, contortionists and musicians from around the world.

From the Netherlands, Saurus — a troop performing as 18-foot-tall dinosaurs — will be wandering through the crowds. FlameOz from Australia will be mixing fire with acrobatic martial arts. Toronto's own Suspended Animation will be performing its unique circus act suspended from a giant helium balloon over the festival crowds.

Now in its 11th year, BuskerFest supports Epilepsy Toronto by bringing awareness and education to visitors, while gathering donations to provide support to Torontonians living with epilepsy.

"Over the last 10 years, we have raised almost one million dollars for Epilepsy Toronto," says Geoff Bobb, executive director of Epilepsy Toronto.

Epilepsy Toronto provides a variety of support groups, employment counseling and educational programs around the city.

BuskerFest

- BuskerFest is on from Thursday Aug. 26 to Sunday Aug. 29.
- The festival will take place in the St. Lawrence Market neighbourhood, including Berczy Park.
- Admission is free with a donation to Epilepsy Toronto at the gates.
- torontobuskerfest.com

Epilepsy

- One in 100 people have epilepsy.
- 40,000 Torontonians live with epilepsy.
- The cause of epilepsy is unknown in 70 per cent of cases.
- epilepsytoronto.org

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Scholarships helping foster kids defy the odds

Social policy expert says province should support those in foster care until age 25, not 18

Like any other university student, Aisha Aberdeen is anxious to graduate.

She'll be entering her final year at the University of Toronto in September, where she has been studying forestry and Caribbean studies.

But unlike other students whose undergrad years may have been filled with dorm parties, spring break trips and summer internships, Aberdeen has had a more difficult path to her degree.

"I've taken a bit longer than most students," she says.

Aberdeen is 27 and a single mom. When she was just 14 she arrived from Trinidad, and less than four months later was placed as a Crown ward with the Catholic Children's Aid Society of Toronto.

She left her foster home at 16 and dropped out of high school soon after.

Aberdeen's path is typical for the roughly 18,000 children in Ontario being cared for by children's aid societies.

Less than half of foster children complete high school by age 21, and less than a quarter of those go on to post-secondary education. By contrast, 75 per cent of Ontario youth finish high school and 40 per cent get a post-secondary education, says the Ontario Association of Children's Aid Societies.

However, Aberdeen is on her way to defy the statistics with some much-needed financial help. She is one of the more than 100 young people in current or past foster care who yesterday received more than $200,000 in scholarships from the Hope for Children Foundation. Aberdeen will get $2,000 this year to help with tuition.

ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ Aisha Aberdeen and her daughter Kenya AberdeenBrown, 3.

Mary Bowyer, executive director of the foundation, said the financial assistance from their privately raised charity is critical for youth who are forced, by provincial legislation, to leave care at 18, jeopardizing their chances of saving money for a post-secondary education. TORSTAR NEWS SERVICE

Man faces sex assault charges

Peel police have charged a 52-year-old Etobicoke man following a series of sex assaults against the same victim. The arrest comes after a 31-year-old Mississauga resident contacted police Tuesday. She told them she had been assaulted on four occasions by the suspect between May and July, police said.

Investigators are concerned there may be other victims and are asking anyone with information to contact them.

Udai Dwivedi faces four counts of sexual assault. He is expected to appear in court Sept. 23.

TORSTAR NEWS SERVICE

SCANLIFE
Locals struggle to come to terms with deadly Philippine hostage-taking. Scan the code for more.

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Police arrest terror suspects in Ottawa home

CSIS director Dick Fadden alluded to possibility of other homegrown terrorist cases to Commons committee

ADRIAN WYLD/THE CANADIAN PRESS

▶ Police stand guard after raid on home.

The RCMP have arrested two Ottawa residents in relation to terrorist offences following a raid on a west-end Ottawa home early yesterday.

The Mounties say they were executing search warrants in connection with the case and expect more arrests.

A young couple with one or two young children had lived at the Ottawa address in the city's Carlingwood area for six months to a year, said Matthew Weiler, a gardener who lives next door.

Weiler arose early for a dental appointment to see eight or nine Ottawa police and RCMP cruisers on the street. Weiler said he didn't know the man, who had a full beard and appeared around 30, nor his wife, who was usually veiled in public.

"I'm not that shocked. It's got to be somewhere, I guess," Weiler said. "I'm not too worried. They wouldn't do anything at their own home."

The Mounties provided no details on the identity of the suspects, nor did they specify what the allegations are, other than to call them terrorist related. One report said a raid was carried out at a second west-end Ottawa apartment building.

They will hold a news conference today to offer more details.

The Muslim Canadian Congress commended the RCMP.

THE CANADIAN PRESS

Millions of salmon to reappear in B.C. river

Fleets of fishing boats have cast their nets in waters south of Vancouver as the start of a 32-hour fishing window begins for what's been billed as the largest sockeye salmon run in almost a century.

Fishermen were ecstatic in the unusual bustle at the Steveston docks, but some were cynical over the government's handling of the fishery in a year of unexpected abundance. But there's also concern current restrictions on fishing will result in sockeye overspawning.

THE CANADIAN PRESS

25 MILLION

The number of sockeye salmon expected to return to B.C.'s Fraser River, according to Pacific Salmon Commission predictions.

▶ Ahmed H. Enright was shaken by the attack.

STUDENT SLASHES MUSLIM CAB DRIVER

A college student who did volunteer work in Afghanistan was charged yesterday with using a folding tool to slash the neck and face of a New York City taxi driver after the driver said he is Muslim.

A criminal complaint alleged that Michael Enright uttered an Arabic greeting and told the victim, "Consider this a checkpoint," before the brutal bias attack occurred Tuesday night inside the yellow cab. Police say Enright was drunk at the time.

A judge ordered Enright, 21, held without bail on charges of attempted murder and assault as a hate crime and weapon possession. The handcuffed defendant did not enter a plea during the brief court appearance.

In addition to a serious neck wound, Ahmed H. Sharif suffered cuts to forearms, face and one hand while trying to fend off Enright.

THE ASSOCIATED PRESS

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▶ Dr. May Griffith displays a biosynthetic cornea that can be implanted into the eye to repair damage and restore sight.

New hope for visually impaired

- Artificial corneas pioneered by Canadian scientist
- Emerged from shortage of transplant donors

An experimental procedure to repair the damaged eyes of 10 patients using artificial corneas had Ottawa scientist Dr. May Griffith and her colleagues on tenterhooks.

"You worry," she said.

Those worries gave way to relief as none of the patients had trouble seeing after the surgery.

Griffith and her colleagues started working on artificial corneas 10 years ago in Ottawa.

Griffith teamed up with an eye surgeon at Linkoping University in Sweden.

They took collagen made in a lab and moulded it into the shape of a cornea. Then they took out the patients' damaged corneas and stitched in the artificial, or biosynthetic, ones. Slowly the cells and nerves grew into the implants. Their eyes did not reject the artificial corneas, a risk when using human donor tissue.

"The end result is something that looks like a contact lens," Griffith said.

THE CANADIAN PRESS

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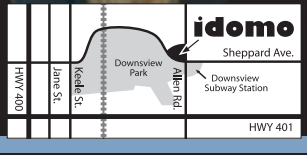

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Fat miners may be trapped forever

Only those with skinny waists will be able to squeeze through escape tunnel ◆ Rescuers in Chile are devising life-saving exercise plans

ROBERTO CANDIA/THE ASSOCIATED PRESS

▶ Lilianette Ramirez displays a letter from husband Mario Gomez, one of the trapped miners.

The keys to life

Miners trapped in the mine under Chile's Atacama Desert will depend on these vital survival tools:

- **The escape tunnel** will be about 26 inches (66 centimetres) wide — the diameter of a typical bike tire. It will stretch for 2,200 feet (688 metres) through solid rock.
- **Nutritious food** is getting to the miners in the form of cans of a milk-like drink that has been enriched with calories and protein.
- **Three shafts** six inches wide have been drilled to give the miners food, communications and air.

Chile's 33 trapped miners have been told: Watch your waistline.

Less than 35 inches (90 centimetres) around the waist — that's how skinny they need to be to squeeze through the escape tunnel, says health minister Dr. Jaime Manalich.

Officials have devised a holistic plan for the miners during the four months it may take to carve out the tunnel, including exercise to keep them from gaining weight.

"The space they're in actually has about two kilometres of galleries to walk around in," Manalich said.

The Copiapo mine's top shaft collapsed Aug. 5.

THE ASSOCIATED PRESS

Analysis

'THE POWER OF HOPE WILL SAVE THEM'

Astronaut Jerry Linenger and architect Eduardo Strauch say hope will keep the trapped Chilean miners going.

Thirteen years ago, Linenger was on an aging Russian Mir space station that suffered a near-deadly fire, a near-crash and an oxygen system that kept breaking down. A return was months away. It was the space equivalent of what the miners face.

Strauch was one of 33 Uruguayan rugby team members who survived a 1972 crash in Chile's Andes mountains and had to wait for 72 days before being rescued. They forced themselves to eat the flesh of dead friends.

"If the hope is out there, hope can get you through that ordeal," said Linenger, a doctor.

"I'm sure they are going to get out of there," Strauch, now 63, said of the miners.

THE ASSOCIATED PRESS

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Suspect arrested

Gruesome torture alleged

A suspect has been arrested in the gruesome case of a man who was starved, burned and had parts of his tongue and lips cut off before being dumped at a hospital in Regina.

Dustin Paxton, 30, faces charges that include aggravated assault and forcible confinement. His alleged victim is ex-roommate Dustin LaFortune.

Word of the arrest in Edmonton was welcomed by 48,679 supporters on a Facebook page.

"So good to see the prompt arrest."
COMMENT ON FACEBOOK

His mother, Renee LaFortune, said: "Dustin is safe at last."

LaFortune, 26, weighed just 87 pounds when he was left at the hospital.

His family said he also suffered brain trauma.

THE CANADIAN PRESS

THE CANADIAN PRESS

▶ Dustin Paxton, a suspect in the torture case, is shown in this police handout photo.

News in brief

Body of female rescuer found

PELEE ISLAND. The body of a Calgary woman who slipped beneath the waves of Lake Erie while helping a relative was found yesterday.

Cynthia Riediger, 53, was trying to rescue a 65-year-old man swimming off Pelee Island.

THE CANADIAN PRESS

Faulty rail cars spell danger

VANCOUVER. Safety officials say thousands of rail cars carrying dangerous goods across Canada may be faulty.

The problem came to light after a faulty part allowed a tank car loaded with flammable propylene to separate from the rest of a train in Manitoba.

THE CANADIAN PRESS

ER docs back gun registry

OTTAWA. Emergency room doctors, who deal with the bloody reality of gunshots, are urging MPs to keep the long-gun registry.

A Commons committee has recommended the registry be scrapped.

THE CANADIAN PRESS

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Man thought to be U.K. spy turns up dead

Officials say indications do not suggest death was related to job

Detectives searching for a missing British spy said yesterday they had launched a murder investigation after a body matching the man's description was discovered stuffed in a bag in his apartment near the headquarters of the MI6 spy agency.

An autopsy could not provide a cause of death for the man, identified as 30-year-old Gareth Williams, the Metropolitan Police said. Police said they found Williams dead at a central London apartment Monday following reports that he had gone missing for some time.

They said detectives are treating the case as a suspicious death, but refused to say whether there were signs of a struggle or how the man may have been killed. Suicide had been ruled out.

Neighbour Rob Mills, who lives two doors from where the body was found, said people in the London neighbourhood knew little about the victim or his work.

THE ASSOCIATED PRESS

Mystery

- Gareth Williams had been working for MI6 on temporary assignment from GCHQ, Britain's eavesdropping agency, said several officials who spoke on condition of anonymity.
- Britain has been known as a den of spy activity since the Cold War. The Russians are thought to have hundreds of agents in London.

Greece. The Prince's bride

▶ Tatiana Blatnik arrives at church for her wedding in a monastery on the Greek island of Spetses yesterday.

DIMITRI MESSINIS/THE ASSOCIATED PRESS

Big royal Greek wedding

Prince Nikolaos, 40, the second son of former King Constantine of Greece, wed fashion events planner Tatiana Blatnik, 29, in a ceremony yesterday attended by royals from across Europe.

Flash drive caused Pentagon breach

A foreign spy agency pulled off the most serious breach of Pentagon computer networks ever by inserting a flash drive with "malicious code" into a U.S. military laptop that then spread on Pentagon systems, a defence official said yesterday.

The previously classified incident, which took place in 2008 in the Middle East, was disclosed in a magazine article by U.S. Deputy Defence Secretary William J. Lynn and released by the Pentagon.

THE ASSOCIATED PRESS

Gas sickens students at girls' school

60 Students from the Totia Girls School who were treated after the mysterious gas leak.

Dozens of students and teachers at a girls' school in Afghanistan's capital Kabul were sickened yesterday by an unknown gas that spread through classrooms, education officials said.

The incident was similar to recent cases, raising fears that the Taliban and other Islamic fundamentalists who oppose female education are using a new method to scare them away from classes.

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Arrest brings relief to slain woman's family

Sister says despite repeated pleas, family received no help from Canada's Department of Foreign Affairs

The sister of a Montreal woman whose body was found stuffed in a suitcase more than a decade ago says the family is relieved authorities have finally made an arrest.

Police apprehended Youssef Ahmed Wahid in Bahrain Tuesday in connection with the 1999 death of 28-year-old Fatima Kama.

A security guard discovered the wedding singer's body crammed into a black suitcase at London's Heathrow Airport. A post-mortem revealed she had been stabbed more than 10 times.

For 11 years, the family felt helpless as Kama's birthdays passed by and there was no resolution to the case in sight, Kama's sister, Laila, said Tuesday.

"We had even given up hope," Laila Kama told The Canadian Press.

"My mom was very ill during this period. Today, my mom didn't even cry or laugh — it's a shock. It's like it's on television, it's like a movie for us."

Motive

- Police have said the motive for the slaying may have been the theft of Fatima Kama's money and jewelry, which has never been recovered.

Kama's other sister, Magda, said news of Wahid's arrest was a painful reminder of what happened.

"But at the same time it does some good," Magda Kama said as she broke into tears.

"She was a very beautiful woman, generous, helpful."

London's Scotland Yard said Wahid was arrested in what it described as a planned operation and his extradition was pending.

In her last year, Kama spent about eight months in Lebanon, where she worked as a singer at weddings and private functions. THE CANADIAN PRESS

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09/10 • 587

Carter on rescue trip to N. Korea

Expert predicts ex-president will meet leader Kim Jong Il U.S., North Korea relations particularly tense

YAO XIMENG/THE ASSOCIATED PRESS

▶ A child salutes former U.S. president Jimmy Carter, centre, at the airport yesterday in Pyongyang, North Korea.

North Koreans welcomed Jimmy Carter back to Pyongyang with smiles, salutes and hearty handshakes yesterday as the former U.S. president arrived on a mission to bring home a Boston man jailed since January.

U.S. officials have billed Carter's trip as a private humanitarian visit to try to negotiate the release of Aijalon Gomes, sentenced to eight years hard labour for entering the country illegally from China.

However, visits like Carter's — and ex-president Bill Clinton's trip a year ago to secure the release of two journalists — offer an opportunity for unofficial diplomacy between the U.S. and North Korea, analysts say.

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BORIS ROESSLER/THE ASSOCIATED PRESS

▶ Nadja Benaissa

No prison for singer

In an earlier statement, Nadja Benaissa said she became addicted to crack cocaine at 14, and at 16 she found out she was HIV positive

German prosecutors and defence attorneys yesterday recommended no prison time for No Angels singer Nadja Benaissa, who was accused of allegedly infecting her ex-boyfriend with HIV.

Both sides suggested a two-year suspended sentence.

Benaissa acknowledged she had unprotected sex despite knowing she was HIV-positive.

"I wish I could turn back time and make everything undone," she said. "But I know that he will never forgive me."

A microbiologist told court that in all probability the singer was responsible. THE ASSOCIATED PRESS

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Alleged stalker used ex's Facebook identity

A man created a Facebook page in the name of an ex-girlfriend he raped, then used it to stalk a more recent ex and threatened to distribute a secretly filmed video of them having sex if she didn't return to him, police said.

Travis Allen Davis, 23, pleaded not guilty.

Davis was arrested Aug. 15 outside the second ex-girlfriend's home in Delmont, about 40 kilometres east of Pittsburgh, after someone called police to report a man sleeping in a suspicious vehicle outside, police said. He had a .45-calibre pistol, three magazines of bullets and a box cutter, and the car had a stolen Pennsylvania licence plate taped over the Indiana plate on his car, police said.

Davis pleaded guilty to rape this month, according to online court records. He was armed when he broke into the Ohio woman's home last year, handcuffing and then raping her. THE ASSOCIATED PRESS

Allegations

- **Sent her a video.** Davis sent the Pennsylvania woman a video of him having sex with her when both still lived in Indiana. The woman "never knew that this video was filmed in the first place and obviously never gave consent to send the video to anyone."
- **Threat.** Davis threatened in an email to "send the video to everyone if she did not return to Indiana for him," a criminal complaint said.
- **Ex's Facebook identity.** Later, the woman received a friend request from a Facebook account Davis created using the identity of his Ohio rape victim, also an ex-girlfriend, police said. Pretending to be the Ohio woman, he threatened to send the video to the Pennsylvania woman's current boyfriend if she did not move to Indiana, the complaint said.
- **Images to boyfriend's mother.** On Aug. 14, nude images of the Pennsylvania woman were sent from the Facebook page to the woman and her boyfriend's mother, police said.

Facebook protection from employers?

Ever thought twice about posting a party picture on Facebook, fearing it could someday hurt your chance at a dream job?

A draft German law is supposed to solve the problem by making it illegal for prospective employers to spy on applicants' private postings.

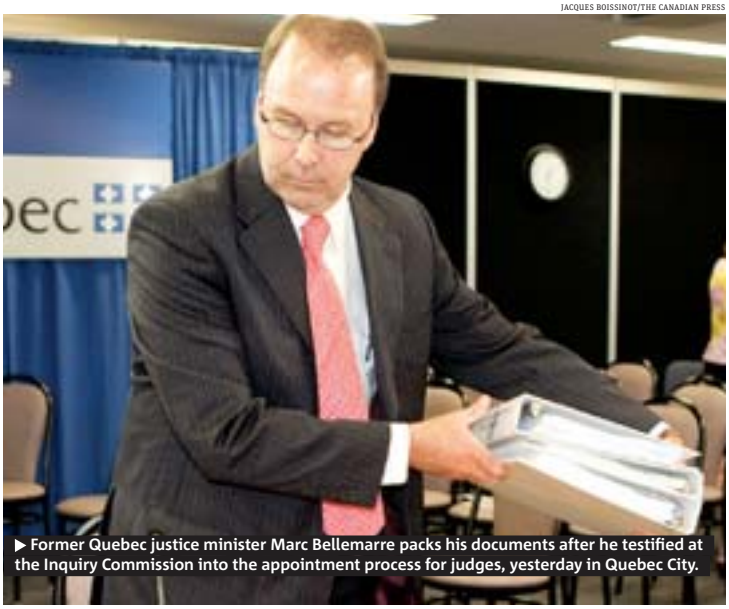
The draft law on employee data security presented by Interior Minister Thomas de Maiziere yesterday is the government's latest attempt to address privacy concerns about online services including social networks and Google Street View.

It is also a reaction to corporations checking on employee emails and filming sales clerks during coffee breaks — which has triggered public outrage in Germany. THE ASSOCIATED PRESS

MARKUS SCHREIBER/THE ASSOCIATED PRESS

▶ German Chancellor Angela Merkel

JACQUES BOISSINOT/THE CANADIAN PRESS



▶ Former Quebec justice minister Marc Bellemarre packs his documents after he testified at the Inquiry Commission into the appointment process for judges, yesterday in Quebec City.

Ex-minister lacks proof of Liberal sway

Marc Bellemare testified yesterday that a Liberal financier had influenced the appointment of judges

A former justice minister says he has little tangible evidence to back scathing allegations that fundraisers for Quebec's Liberal party influenced the selection of judges.

Marc Bellemare alleges that Liberal financier Franco Fava had sway in the appointment of judges while Bellemare was in office, all with Premier Jean Charest's blessing.

His damning accusations last spring forced Charest to trigger a public inquiry, which kicked off in Quebec City this week.

Bellemare testified yesterday he had four or five meetings and around 10 telephone conversations with Fava in the summer of 2003.

$700K
The premier launched a $700,000 defamation suit in the spring against his ex-justice minister.

But when pressed by the commission's prosecutor, he admitted he couldn't produce concrete evidence of those discussions, except for maybe a few notes.

"I don't have any document, audio or video of this," Bellemare, Quebec justice minister from 2003 to 2004, told the inquiry.

"I rarely take notes. I have a good memory and I use it."

Bellemare testified Tuesday that Fava put pressure on him to name the son of a Liberal organizer to the bench.

Bellemare alleged that Charest expressed concern the day he resigned that he might one day reveal the political party's hidden influence.

THE CANADIAN PRESS

HUMAN RIGHTS

Senegal's begging crackdown

Senegal's government says it is stepping up its campaign against begging in the streets of the West African nation, where tens of thousands of children wander barefoot and swarm cars for change.

Begging has been officially banned since 2005, but the law has proved difficult to enforce. A report by an international human rights organization earlier this year described how many children attending traditional Quranic schools — some as young as four — are forced to beg for money and are brutally beaten if they don't bring back enough.

Prime Minister Souleymane Ndene Ndiaye said that those begging for money will be given a place to stay if they leave the streets of Dakar and other large cities. THE ASSOCIATED PRESS

Four teens receive hate crimes sentence

Three teenagers who admitted targeting Hispanics for violence were sentenced yesterday to seven-year prison terms for their roles in the 2008 killing of an Ecuadorean immigrant, and a fourth teen who had met the others on the night of the killing received a six-year sentence. THE ASSOCIATED PRESS

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2032 Weston Rd

Woodbridge
5308 Hwy 7, Unit 5

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WikiLeaks chief has sex charges dropped

BERTIL ERICSON/THE ASSOCIATED PRESS

▶ Julian Assange

WikiLeaks founder Julian Assange no longer faces sex abuse charges in Sweden after a prosecutor decided yesterday to investigate only one of two complaints against him, and not as a sexual offence.

Assange — who has denied both accusations — is still suspected of molesting a woman Aug. 13, but molestation is not a sex crime under Swedish law, said Karin Rosander, a spokeswoman for the Swedish Prosecution Authority.

It covers a wide range of offences, including reckless conduct or inappropriate physical contact with another adult, and can result in fines or up to one year in prison.

Chief prosecutor Eva Finne formally closed another case involving a woman who claimed Assange had raped her.

THE ASSOCIATED PRESS

Spain. Tomatina

▶ Revellers throw tomatoes during the annual Tomatina tomato fight fiesta yesterday in the village of Bunol, near Valencia, Spain

ALBERTO SAIZ/THE ASSOCIATED PRESS

One popular food fight

Bunol's town hall estimated more than 40,000 people, some from as far away as Japan and Australia, took up arms yesterday with 100 tons of tomatoes in the yearly food fight known as the Tomatina, now in its 65th year.

Maid goes home with 24 nails in body

◗ Sri Lankan allegedly tortured by Saudi employers ◗ Nails range in length from 1 to 2 inches

A Sri Lankan maid returned from her job in Saudi Arabia with 24 nails inside her body — the result of torture by the family who employed her, a doctor and government official said yesterday.

L.G. Ariyawathi's body is riddled with needles and nails, which are scheduled to be removed tomorrow, a doctor confirmed yesterday.

Ariyawathi, 49, returned to Sri Lanka Saturday from Saudi Arabia and was hospitalized the next day with severe pain at a facility about 160 kilometres from the capital, Colombo, according to media reports.

She told a local newspaper her employers tortured her with the nails as punishment.

"The woman at the house had heated the nails and then the man inserted them into my body."

L.G. ARIYAWATHI, MAID

She told the paper she went to Saudi Arabia in March and was paid only two months' salary, with her employer withholding three months' salary to buy an air ticket to send her home.

Her initial puncture wounds have healed over, the doctor said, but she finds it difficult to walk because she has two nails in her knee and two in her ankles. THE ASSOCIATED PRESS

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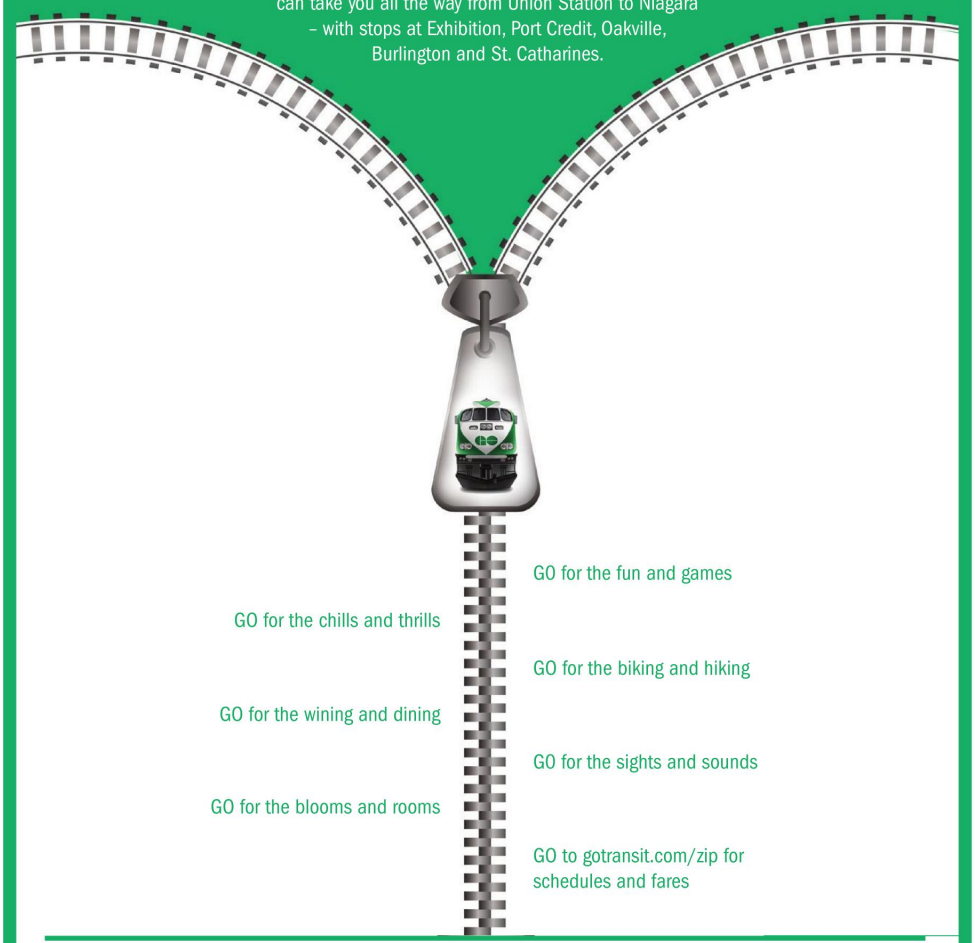
Friday evenings, weekends and holidays until September 26, the GO Train can take you all the way from Union Station to Niagara – with stops at Exhibition, Port Credit, Oakville, Burlington and St. Catharines.



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France's Roma policy legal: Cabinet minister

Interior Ministry: Number of Romanian police officers deployed in France to increase to 14 from 4

France will continue to dismantle illegal Roma encampments and send their inhabitants back to Eastern Europe despite widespread international criticism over the crackdown, the country's interior minister said yesterday.

Brice Hortefeux said France was applying its laws when it expelled planeloads of Roma in recent weeks and evacuated more than 100 of their illegal camps.

The operation has sparked criticism from lawmakers across the political spectrum and even from Europe's top human rights watchdog, which has accused France of stigmatizing Roma.

Hortefeux told the RTL radio the criticism was "political blather" and insisted racial prejudice was not behind the decision to expel the Gypsies. He said 117 camps have been dismantled and 630 people sent home, with some 300 more expulsions expected by the end of the month.

President Nicolas Sarkozy, presiding over his first cabinet meeting since returning from summer vacation, urged his team "not to get sidetracked by useless controversies," Immigration Minister Eric Besson said, reporting the French leader's comments.

Hortefeux's comments yesterday came ahead of his meeting with two top Romanian officials in charge of security and Gypsy issues. Many of the Roma in France are from Romania — a member of the 27-member European Union — and officials there have questioned French tactics on the expulsions.

An Interior Ministry statement said the legality of the expulsions was discussed at yesterday's meeting.

"It was underscored that one of the principles of free movement — one of the fundamental liberties of the European Union — mustn't be turned into an excuse for human trafficking, prostitution, and begging," the statement said. "France's policy of sending (people) back is in accordance with European Union laws."

The officials pledged to work more closely together. THE ASSOCIATED PRESS

Roma camps

- France's President Sarkozy, a conservative, has argued that Roma camps are sources of trafficking, exploitation of children and prostitution, and the crackdown is part of his wider fight against crime.

Man killed after trying to steal copper wire

Police say a 33-year-old man was electrocuted while trying to steal copper wire in Wainfleet, Ont.

Investigators say the man died shortly before midnight Tuesday at a transformer in the community southwest of Welland.

Police say two other men who were with the victim called for help.

The other two men are facing theft charges. THE CANADIAN PRESS

Copper caper

- **Prices.** Incidence of copper theft is usually tied to the metal's fluctuating value.
- **Invasiveness.** In April, the theft of about 500 metres of copper cable in the Edmonton area cut phone service to hundreds of customers for several hours.

Sea. Meeting

▶ Sailing boat Flying Dutchman ducks past container ship Elly Maersk off Bremerhaven, Germany.

JOERG SARBACH/THE ASSOCIATED PRESS

Gathering of the sails

The tall-ship meeting known as Sail takes place in Bremerhaven until Sunday. About 200 ships take part in the tall-ship meeting.

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Whale-shootin' Putin

Voyage latest in a series of stunts meant to create macho image for the Russian leader Whale was shot with skin sample-collecting gun

Russian Prime Minister Vladimir Putin fired darts from a crossbow at a grey whale off Russia's Far Eastern coast yesterday.

Putin held his balance in a rubber boat that was being tossed around in choppy waters off the Kamchatka Peninsula, and eventually hit the whale with a special arrow.

When the boat skidded onto the beach Putin hopped off and made a beeline for waiting reporters. Clearly in his element, Putin replied jovially to a question as to whether the endeavour was dangerous.

"Living in general is dangerous," he quipped.

THE ASSOCIATED PRESS

ALEXEI DRUZHININ/THE ASSOCIATED PRESS

▶ Russian Prime Minister Vladimir Putin took part in a scientific expedition to study grey whales yesterday.

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Lost bison gradually returning home: RCMP

8 About eight of the exhausted animals were found near the Camrose landfill and were loaded into a trailer to be trucked back to the farm they escaped from.

RCMP say some of the dozens of bison that have frustrated police and their owner's attempts to recapture them near Camrose, Alta., have wandered back home.

Const. Mike Devloo says five animals showed up near the farm this morning and the owner was trying to round them up.

Up to 40 bison got out of their enclosure on Monday and many of the animals have turned up either wandering the streets of the city or running through the grounds of a golf course.

Devloo says a motorist travelling on a highway southeast of Edmonton clipped one of the animals around 11 p.m. Tuesday after it came up out of a ditch.

THE CANADIAN PRESS

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Owning home more a dream than reality?

July sales fell 30%, prices flat, figures show Many economists see sector moving towards buyer's market

Canadian home prices are still on the rise even as sales fall as demand peters out, one factor that is making homes less and less affordable, according to a study by the Conference Board of Canada.

Home sales have fallen by 25 per cent since reaching a peak at the beginning of the year as fewer buyers compete and more houses come onto the market. That hasn't stopped houses from becoming more expensive, a trend that is likely to continue, said conference board associate director Michael Burt.

Canadian home prices were up 13.6 per cent in June from a year ago, according to the Teranet-National Bank composite house price index, released yesterday. Month over month, June prices were up 1.5 per cent — the largest monthly increase since last August and the 14th straight increase.

Price increases in June were driven by the bustling housing markets of Vancouver and Toronto, where many buyers entered the market in advance of the new harmonized sales tax that took effect July 1.

Marc Pinsonneault of National Bank says home prices could soon fall, especially since the HST has raised the price of many home purchases.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 90.77 (11,648.12)	– 0.04¢ (94.27¢ US)
Oil	**Natural gas**
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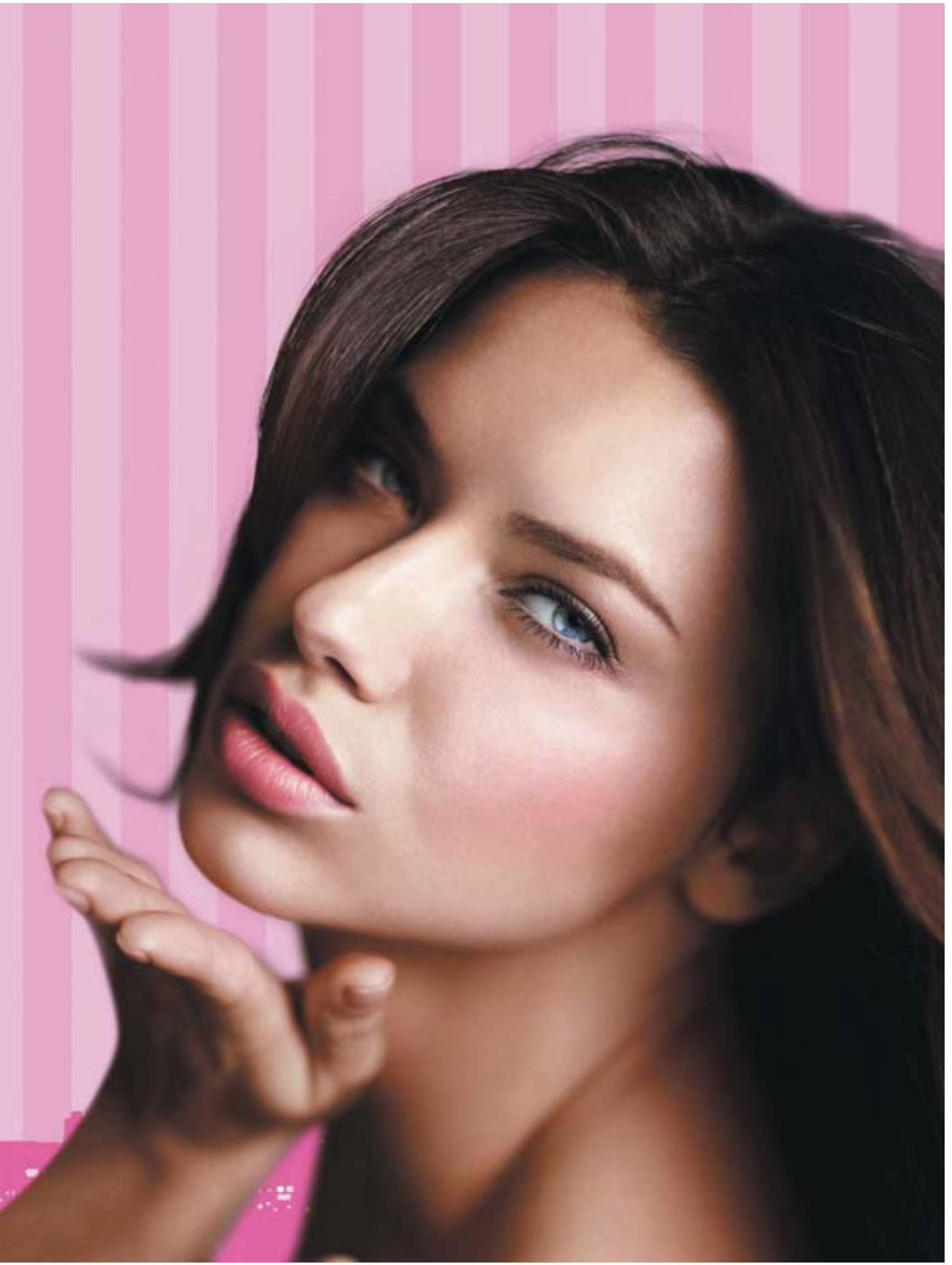

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Users to create own apps on Google Android

Won't compete with professional apps Those interested in program can sign up for beta test

Apple's artful marketing has helped convince many that there's already "an app for that" in the crowded virtual aisles of its App Store, which stocks about 250,000 apps and has processed more than five billion downloads.

But Google doesn't think that's necessarily the case, and is rolling out a way for the average person to make their own smartphone apps, a task that previously required a programming background.

App Inventor for Android is currently undergoing a limited beta test before going public, and demand has been overwhelming for access to the program, said Hal Abelson, a visiting professor from the Massachusetts Institute of Technology who is spearheading the project for Google.

Tutorials walk users through the process of making an app that can utilize a phone's functions, like launching calls or text messages and using GPS data. Users can also use the examples to learn how to make some simple quiz games or a Whac-A-Mole knock-off.

"The basic idea was to make it really easy for pretty much anybody to make applications for your mobile phone."
HAL ABELSON, PROFESSOR

Abelson said homemade apps can't be uploaded to the Android Market yet, but eventually that feature will likely be added, and users can try to sell their apps if they would like.
THE CANADIAN PRESS

Economy. Cutting back

This picture shows an untitled 2001 work by Julie Mehretu, which will be one of more than 400 works from Lehman Brothers that will go on sale at auction this fall.

SOTHEBY'S/THE ASSOCIATED PRESS

Failed bank sells off art collection

Corporations worried about the bottom line are taking a look at their office walls. Over decades, some of the world's wealthiest banks and companies have built up art collections, rich in modern masters, that are the envy of many museums. Now, many are selling them off, some from choice but others, like the bankrupt Lehman Brothers, to pay off hungry creditors.

RIM deal to improve App World

Shares in Research In Motion popped up yesterday after the BlackBerry maker confirmed it has acquired Calif.-based Cellmania, which produces software to manage virtual application stores and content. **THE CANADIAN PRESS**

CPP makes move into Australia

The Canada Pension Plan Investment Board says it is providing $375 million in financing to a restructured Australian retail property fund as part of its latest bid to acquire new assets Down Under.
THE CANADIAN PRESS

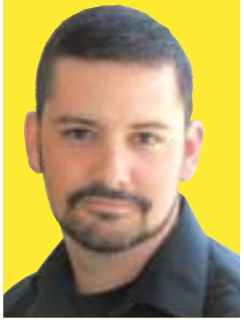
CIBC sees jump in profits

Canadian Imperial Bank of Commerce reported a 47 per cent jump in profits to $640 million in the third quarter as retail operations surged, but the bank's CEO says economic uncertainty is reason for caution. **THE CANADIAN PRESS**

WHAT WOULD DR. SEUSS PRESCRIBE?

He says ...

JOHN MAZEROLLE



They say you shouldn't talk about religion and politics in polite company, but I think the idiom needs an update. The politics part is fine.

But among friends my age, speaking ill of the church is redundant, like badmouthing athlete's foot. Everybody is doing it. You're more likely to offend people by saying you didn't like the latest episode of Mad Men.

So I'd like to make a new addition to the don't-talk list. Remove: Religion. Add: Alternative medicine.

Different names, same nonsense.

Replace "Christianity is 2,000 years old" with "India and China are ancient cultures."

Replace "If you listen for Jesus, He'll speak," to "You have to believe it or it won't work."

Please note that me banging my head off the table in frustration shall remain the same.

First of all, there is no "alternative" medicine. There's medicine. Stuff works or it doesn't.

This is not a battle of West vs. East. Homeopathy started in Germany, for instance, and it's bunk.

Homeopathy is a good discussion point because there's no grey. It doesn't work, full stop.

It says water can "remember" what was dissolved in it if you just shake it up good. And that the more diluted something gets, the more powerful it is.

"If homeopathy was true, I'd drop a shot of vodka into my parent's pool, thrash around a little, and invite some friends over for the party of our lives."

If homeopathy was true, I'd drop a shot of vodka into my parent's pool, thrash around a little, and invite some friends over for the party of our lives.

But I've discovered it's not polite to say such things. It gets people upset.

Look, I don't care whether you agree with me. But people should be able to discuss it without getting personally offended or staring at their shoes like they're trying to untie them telepathically. How else does one get closer to the truth? Whatever that is.

My mother is a lay minister in the Catholic Church so I have a lot of experience with being friendly and loving when personal cultures clash.

She called me a few months ago and said, "We have something in common."

"You're unemployed," I said.

"Yes," she said. "Did somebody tell you?"

"No," I said. "I just couldn't think of anything else we have in common."

We laughed together at that — a long, hearty, satisfying laugh.

It was like medicine.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

Not your typical tea party

Worth Mentioning

A dream's legacy

GETTY IMAGES FILE

A conservative rally this Saturday at the Lincoln Memorial on the 47th anniversary of Martin Luther King's famous I Have A Dream speech has renewed yet another tense national debate in the United States about race relations and the Tea Party movement.

Fox News personality Glenn Beck said his event, called "Restoring Honour," is meant to "recognize our First Amendment rights and honour the service members who fight to protect those freedoms."

He has vowed the rally will be "one for the history books" and will represent a "turning point in America."

Beck has long infuriated liberals in the U.S. But his comments about the civil rights movement in advance of this weekend's rally have fanned the flames of outrage even further.

Beck, considered by many the spiritual leader of the Tea Party movement, said the rally will "reclaim the civil rights movement," which he described as having been "distorted" and "turned upside down."

Brittney Cooper, a professor of gender and race relations at the University of Alabama, called Beck's remarks a slap in the face not just to African-Americans, but to King's legacy.

THE CANADIAN PRESS

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Metro Minute at Black Belt World

If watching the The Expendables has you raring to kick some heiny, you may want to ensure you don't get yours kicked instead. Best head over to Black Belt World at 885 Bloor St. W. and learn from Master Tommy Chang by watching the taekwondo legend in action.

Pick up some serious moves while imitating key formations outside the giant picture window of his studio — just make sure you don't accidentally clean the clock of an innocent pedestrian. And when all that exercise gets your stomach in a rumble, you're a mere stone's throw away from some of the best Korean barbecue joints in town.

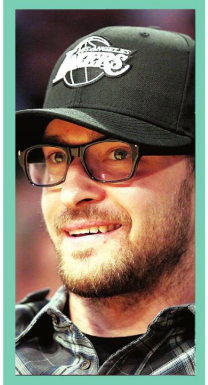
JORDANA DIVON

CONTRIBUTED

▶ Check out Black Belt World at 885 Bloor St. W.

2 scene

News in brief



A federal judge has ordered a Connecticut talent agent to pay nearly $1.2 million US to a concert promoter for failing to produce Justin Timberlake for a concert in the Philippines.
THE ASSOCIATED PRESS

Guess who Susan Boyle will be singing for now?

CHRIS YOUNG/THE CANADIAN PRESS

▶ Entourage star Adrian Grenier poses in a Toronto hotel this week as he promotes his new film Teenage Paparazzo.

The life and times of celebrity teens

◗ Entourage star Adrian Grenier goes behind the camera to film Teenage Paparazzo ◗ Documentary probes the cogs that turn the fame machine

STEVE GOW
SCENE@METRONEWS.CA

As actor and director Adrian Grenier states in his new documentary, he's a celebrity … or at least he plays one on TV.

In fact, portraying Hollywood star Vincent Chase on HBO's Entourage has given Grenier valuable insight into the subculture of the paparazzi. But when he met a tenacious 13-year old celebrity pap named Austin Visschedyk, the bizarre encounter inspired the actor to investigate the cogs turning the fame machine in Teenage Paparazzo.

Metro caught up with Grenier to discuss the documentary (opening Friday in select theatres and airing on HBO Canada on Sept. 27), his pubescent subject and how starring on Entourage has changed his life.

Teenage Paparazzo is a really interesting movie. It ends up places that, at the outset, you don't expect it to go. Did you have any idea when you started out how involved this was going to get?

Well, that's life. That's one thing about documentaries that I absolutely adore — that they really do capture the twists and turns of life if you let it. All you have to do really is point your camera at the world, ask a question and suddenly you're taken on this journey.

At what point in getting to know Austin did you realize that you had something?

I knew it would at least be interesting based on the fact that this kid was so compelling as a character. But it wasn't until I started to explore the philosophy and the ideas of celebrity that it really became interesting to me because it wasn't just a narrative … it was also a deconstruction of this culture that has coveted celebrity and embraced this young boy's decision to become a paparazzo.

Teen Stars

Some of the celebrities that appear in Teenage Paparazzo:

- Paris Hilton
- Lindsay Lohan
- Matt Damon
- Lewis Black
- Alec Baldwin
- Rosie O'Donnell
- Whoopi Goldberg
- Eva Longoria
- Michelle Rodriguez

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Late summer surge at the box office

With plenty of quality films to choose from, August is no longer a dumping ground • Bridges gap between blockbuster and Oscar seasons

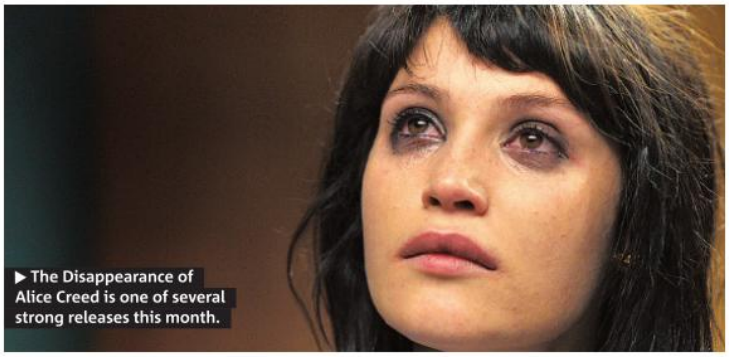
August traditionally has been considered a dumping ground for movies, a time when schlocky little genre pictures would sneak into theatres for a couple of weeks before vacations wrapped up, kids went back to school and reality once again took hold.

But that's all changing. This past month, for instance, you had a well-received comedy hit in The Other Guys, small, tense thrillers like The Disappearance of Alice Creed and Animal Kingdom, and an intelligent documentary in The Tillman Story. Even the horror movies Piranha 3D and The Last Exorcism are stronger than the usual late-season fare.

Last August brought us Quentin Tarantino's Nazi-killing epic Inglourious Basterds, which was nominated for eight Academy Awards (it won for supporting-actor Christoph Waltz), and District 9, about an alien invasion in South Africa, which received four nominations. Both were up for best picture. Previous Augusts have featured Tropic Thunder (2008), Superbad (2007) and Talladega Nights: The Ballad of Ricky Bobby (2006), all hits at the box office and with critics.

"Times have changed. People go to movies 365 days out of the year," said Eli Roth, who produced The Last Exorcism and has a cameo in Piranha 3D.

One reason is sheer quantity: There are so many movies flooding theatres every year, there's never going to be a period that's completely wretched.



▶ The Disappearance of Alice Creed is one of several strong releases this month.

Roth recalled that when his first feature, Cabin Fever, came out in September 2003, he was told the low-budget horror film would have a month to prove it could perform.

"Now it's like, you have a week, and if you don't work that first week, it's over," he said. "There's always another movie on the chopping block."

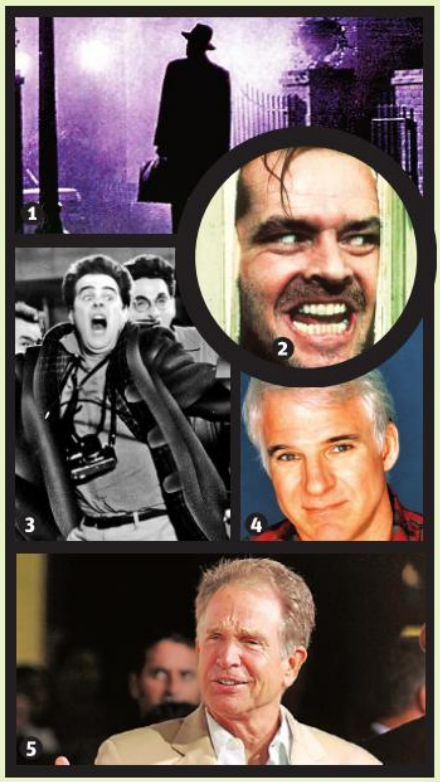
But mid-to-late August can be a more welcoming time to open a movie — especially in the horror or sci-fi genres — because there's a different kind of competition. "You still have a weekend seven days a week, the college kids are still out, kids want that last gasp of summer before they go back to school," said Roth.

"Horror movies, by August, you kind of miss them. The last one was in April. You can feel it when Halloween opens with $30 million — the remake — or Final Destination 3D opens to huge box office. ... We thought it was the perfect time (to release The Last Exorcism)."

But August is still sort of a dumping ground "in the sense of the quantity of the movies, but not necessarily the quality of the movies like it used to be," said Paul Dergarabedian, box-office analyst for Hollywood.com. Last weekend, for example, 13 new movies came out, with the ensemble action flick The Expendables holding the No. 1 spot for the second-straight week. Piranha 3D debuted in sixth place, only making $10.1 million. But it got an overwhelmingly strong critical reception, earning 81 per cent positive reviews on the Rotten Tomatoes website.

THE ASSOCIATED PRESS

Entertainment in pictures



The Last Exorcism tells the story of a teenage girl living on a remote Louisiana farm who may — or may not — be possessed by some sort of demon. Here are five movies about possession — demonic and otherwise — that'll take hold of you:

1. **The Exorcist (1973):** The imagery is iconic: the spinning head and the projectile pea soup and the rumbling bed.
2. **The Shining (1980):** Stanley Kubrick was a master at freaking you out with camera angles, lighting and pacing.
3. **Ghostbusters (1984):** Director Ivan Reitman takes all the traditional demonic-possession imagery and uses it to amuse us.
4. **All of Me (1984):** Steve Martin makes you believe the soul of Lily Tomlin's character, a dead millionaire, has entered his body.
5. **Heaven Can Wait (1979):** Warren Beatty showed off his charm and smarts in this screwball-comedy throwback.

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Album reviews A classic ●●●●● | Buy it ●●●● | Get the single ●●● | Borrow it ●● | Don't bother ●

Perry almost lives up to packaging

Katy Perry
Album: Teenage Dream
Label: Capitol/EMI
●●½

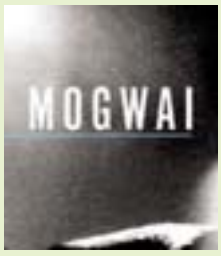
One of the advantages of the iTune age is that 14-year-old boys can download the new Katy Perry album in the privacy of their own bedrooms. They need never suffer the embarrassment of asking for an over-the-counter copy. Unfortunately, the web version is not near as much fun as handling the real thing (we mean, of course, the CD), which features an alluring shot of Ms. Perry wearing nothing but a whisp of candy floss.

The more adventurous will even sniff the cover which is scented with a bubble gummy eau d'floss (no kidding). Welcome to the age of porno-pop. Katy is every teenage boy's dream. And she milks the tease for all it's worth.

The double entendres of California Gurls have supplied radio with comfort candy for weeks. Katy continues the onslaught on Last Friday Night by getting trashed, going skinny dipping and jumping into a threesome. And the peak-show chant in Peacock has nothing to do with brightly plumed birds. Better still is Circle the Drain where Katy chastises a drug-addled rock star for falling asleep during foreplay.

With the writing/production team of Max Martin and Dr. Luke at the helm, the music is almost as good as the packaging. **Outstanding track:** Circle the Drain

GRAHAM ROCKINGHAM



Mogwai
Album: Special Moves
Label: Rock Action/Fontana North
●●●●

Mogwai's quiet-to-loud crescendos have always been a crowd pleaser, despite the inevitable tinnitus that comes from their performances. Released with the concert doc Burning, the audio portion is a treat for fans to enjoy at their preferred volume. Recorded over three shows last year in Brooklyn, Special Moves perfectly encapsulates Mogwai's 14-year history and gives a sense of their supremacy as a live band. **Outstanding track:** Mogwai Fear Satan

CAM LINDSAY

Klaxons
Album: Surfing the Void
Label: Universal
●●●½

It's taken the Klaxons three long and trying years to follow up Myths of the Future, the U.K. band's successful debut. They band actually wrote an earlier disc, but scrapped it. For this version they teamed up with Ross Robinson, Korn and Limp Bizkit's producer. That might seem strange, but it worked. The new disc is a loud, aggressive collection of thick rock, pop hooks and complex psychedelia. **Outstanding track:** The Same Space

BRYAN BORZYKOWSKI

Fantasia
Album: Back to Me
Label: Sony Music
●●●

Good pop music should always have a sing-along quality. Yet it's hard to imagine teenage girls skipping along the street sweetly singing along to I'm Doin' Me, the opening track on Fantasia's latest CD. Okay, we get the girl empowerment stuff, but the phrasing is a tad too uncomfortable to enjoy. The former American Idol champ fares better when exploring a more retro soul sound on tracks like Bittersweet and I'm Here (from the Color Purple). **Outstanding track:** I'm Here

GRAHAM ROCKINGHAM

Usher
Album: Versus
Label: Sony Music
●●½

It's been a while since Usher was the hottest R&B heartthrob around. It's not just his popularity that has waned; his music has taken a step backwards too. Six months ago he released the lackluster Raymond v. Raymond, a record about his divorce and, of course, pursuing the ladies. This nine-song follow-up isn't much better. It's a directionless collection of electro-club numbers and soulful tunes. **Outstanding track:** Love Em' All

BRYAN BORZYKOWSKI

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Simmons backs WTC area mosque

Russell Simmons

Hip-hop mogul Russell Simmons has put high-visibility support behind a proposed cultural centre and mosque near ground zero, using the windows of his top-floor apartment across the street from the site where the World Trade Center stood to display a call for coexistence, loving one's neighbour and support of religious freedoms.

"I was trying to figure out ways I could reach people and promote a message of tolerance," Simmons told The Associated Press yesterday.

Spelled out through the symbols of the world's religions is the word "coexist," starting with an Islamic star and crescent for the "C" and finishing with a Christian cross for the "T." Other symbols include a backward Hindu "Om," a Star of David, a peace sign and a yin-yang.

The signs take up six of the nine windows on the top story of the building on Liberty Street. The seventh window says "Mark 12:31," a reference to a Bible verse about loving one's neighbour, while the eighth window equates the U.S. with freedom and the ninth says, "IT'S THE LAW."

A controversy has raged over Park51, the planned Islamic cultural centre about two blocks from ground zero that would include a mosque.

THE ASSOCIATED PRESS

Drew goes the distance

Film pairs her with ex Justin Long Character is a departure from her previous 'cuckoo' roles

Drew Barrymore, in Going the Distance, works with an impressive supporting cast, including Christina Applegate, Jason Sudeikis and Charlie Day.

Drew Barrymore has had some duds for onscreen partners in romantic comedies — not that she's about to name names.

"The worst is when you're kissing someone who is not a good kisser, and you're trying to make it look good, and you feel like you're just working on your own," she says.

Luckily her latest film, Going the Distance, pairs her with someone very near to her heart: Ex-boyfriend Justin Long. "It was just lucky for me because he's a good kisser, so it was like, 'Thank God,'" Barrymore says of Long. "At least it was a real team effort, you know?"

The film finds Barrymore and Long playing young lovers forced into a long-distance relationship when she returns to San Francisco to finish school. For Barrymore, starring in a film with a more modern female lead instead of just more of the same was a huge pleasure.

"I just wasn't in that sort of place in my life where I wanted to play a cuckoo, wacky role-reversal sort of scenario," she says. "I wanted to play someone who can hang out with guys and loves women, but has spine and is funny. I feel like I relate to that kind of person in my life right now."

Another appealing aspect of Going the Distance was the impressive supporting cast, including comedic talents like Christina Applegate, Saturday Night Live star Jason Sudeikis and Charlie Day from It's Always Sunny in Philadelphia.

"I find that films, for me watching them, work best when you're really invested in the whole group of people," Barrymore says. "At least one of the reasons I like it best is because of everybody in it."

Of course, with a cast like that, there's always going to be some ad-libbing, and Barrymore did her best to keep up. "It was a pleasure for me to get to improv and just work in a much more free-flowing way where you could play around and you didn't have to be censored — because you had an R rating — and that to me was just an absolute pleasure," she says.

One particularly pleasurable scene, she remembers, included her character blowing off some steam at a bar with friends. "If you were really angry, how would you just let loose? And it was just the most fun day at work ever. Because I really just let loose," she says.

NED EHRBAR

Comic foil

Christina Applegate plays Drew's skeptical, put-upon older sister.

Long-time friends The two were in dance class together as kids and have been friends for decades.

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(boring?) frontier

What happens when you can't walk for a year? Have sex? Drink beer? Or ralph in your space suit? Mary Roach tackles these tough space questions and more in Packing for Mars

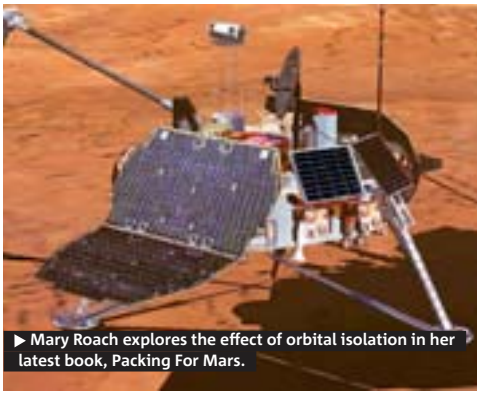
SHAUN BRADY
shaun.brady@metro.us

Space exploration conjures countless indelible images: Earthrises, awe-inspiring moonwalks and the graceful ballet of weightlessness. What most people don't realize is that the Right Stuff consists not only of courage, but a lot of body odor and boredom too.

"There's not much overlap between my idea of what's interesting about space and NASA's idea of what they'd like to present to the public about space," admits Mary Roach, whose previous books have tackled the curious science of corpses (Stiff), the afterlife (Spook) and sex (Bonk). Her latest, Packing for Mars: The Curious Science of Life in the Void, turns Roach's sardonic humor and steel-stomached curiosity to the stranger side of space travel.

"I keep thinking that pretty soon I'm going to get to the end of the road and will have used up the human body and how strange it is," she says. "But I seem to keep finding other avenues."

This time out, those avenues led her to tests regarding: the effect of orbital isolation on the astronaut psyche, the limits of the human body to extended periods lying prone (via bed-rest studies with volunteers who lie in bed for months at a time) or the still-unsolved question over whether anyone has actually had sex in space.


▶ Mary Roach explores the effect of orbital isolation in her latest book, Packing For Mars.

If so, it was probably Russian Cosmonauts, who Roach says were more open to discussing taboo subjects than their American counterparts. "Of course, it helped that everybody was drinking whiskey at 11 in the morning," she says.

Ground control

In packing her own suitcase for a trip to Mars, Mary Roach lists a few essentials gleaned from her research:

1 **Lip balm:** I'm kind of a lip balm addict and they tell me when something floats off in a spacecraft, you'll never find it again.

2 **A full e-reader:** The guys on Mir and even on the way to the moon complained of boredom. [Astronaut] Eugene Cernin said, "I should have brought some crossword puzzles."

3 **Patience:** I don't know where you buy patience, but I don't have enough of it.

4 **Condiments:** Hot sauce, balsamic vinegar, pesto sauce — they say to smother the food that they give you with your own condiments. Space food is kind of bland.

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'Been through hell,' says Elin

Woods' ex-wife opens up to People magazine She says she never hit him that Thanksgiving night

GETTY IMAGES

Elin Nordegren

Tiger Woods' ex-wife Elin Nordegren said she has "been through hell" since her husband's infidelity surfaced but she never hit him, according to an interview released Wednesday.

Nordegren told People magazine she and Woods tried for months to reconcile the relationship. In the end, a marriage "without trust and love" wasn't good for anyone, she said.

On Thanksgiving night outside their Florida home, Woods drove his SUV over a fire hydrant and into a tree, setting off shocking revelations that sports' biggest star had been cheating on his wife through multiple affairs. The couple officially divorced Monday.

Nordegren told People that she never hit Woods on the night of the car crash.

"There was never any violence inside or outside our home," she said. "The speculation that I would have used a golf club to hit him is just truly ridiculous."

Nordegren said Woods left the house that night and when he didn't return after a while, she got worried and went to look for him. She said that's when she found him in the car.

"I did everything I could to get him out of the locked car," she said. "To think anything else is absolutely wrong."

The magazine said the interview was conducted over four visits lasting a total of 19 hours at the rented Windermere, Fla., home where she now lives with their two children.

"I've been through hell," said the Swedish-born Nordegren, who began losing her hair in the days before the divorce became final. "It's hard to think you have this life, and then all of a sudden — was it a lie? You're struggling because it wasn't real. But I survived. It was hard, but it didn't kill me."

THE ASSOCIATED PRESS

GETTY IMAGES

Michael Jackson

King of Pop tribute

Michael Jackson's hometown in Indiana is planning another tribute to the "King of Pop" just two months after marking the one-year anniversary of his death.

A news release issued by the city says a tribute will be held outside Jackson's boyhood home in Gary on Saturday, a day before what would have been his 52nd birthday.

Gary Mayor Rudy Clay says the city is honouring Jackson's memory as a great and giving person and as the world's greatest entertainer. The Jackson Family moved out of the city after the Jackson 5 struck it big in 1969.

Organizers say the event Saturday will include local entertainers and a Michael Jackson impersonator.

Jackson died last year in Los Angeles of an overdose of sedatives.

THE ASSOCIATED PRESS

Celebrity tweets

Dax Shepard [@daxshepard1] My body has started giving me hints that a chicken-only-diet might not be the healthiest trail to blaze. I'm auditioning some greens.

Jeremy Piven [@jeremypiven] Not how hard you hit, it's how hard u can get hit that makes the difference in your life....

Heidi Montag [@heidimontag] swimming in the ocean! i hope dolphins swim next to me

Ashley Greene [@AshleyMGreene] Waking up Anytime before 5 AM for work just doesn't seem right. Brutal calltime this Morning. METRO

Lohan is free!

After just 22 days in rehab, Lindsay Lohan is a free woman, checking herself out of the UCLA Medical Center after the new judge in her case, Elden Fox, agreed that she could go home, according to People magazine.

Lohan's previous judge, Marsha Revel, had wanted the actress to serve the full 90-day rehab sentence. "She's out and she's doing really well," a source says of the actress. On Lohan's first night at home, she received a visit from ex-girlfriend Samantha Ronson.

METRO WORLD NEWS

Lindsay Lohan

The View spinoff

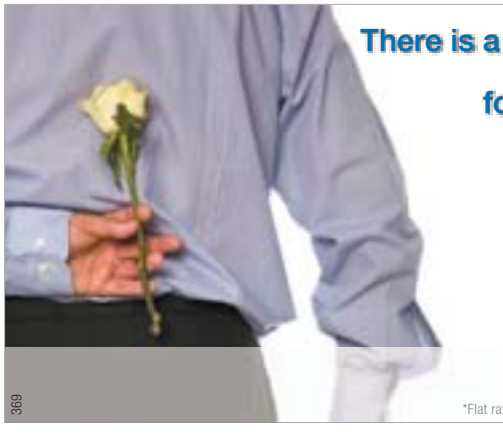
MAN-FRIENDLY Barbara Walters is reportedly planning a new men-friendly spin-off of the View, sources tell the New York Daily News. The show, with both male and female co-hosts, wouldn't launch until next year, when Oprah Winfrey's departure frees some space in the afternoon schedule.

METRO

Talking points

Timberlake likes his privacy

ADULT TREEHOUSE? Apparently Justin Timberlake didn't think his $5 million home in the Hollywood Hills home was private enough, so he reportedly built an upscale treehouse in the backyard, according to the National Enquirer. "Justin's still a kid at heart. He had the tree house built so he and his buddies could escape to drink and play cards," a source says. METRO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369

Student Cents

Keeping track of your money is empowering – and that's important throughout your school year and your life.

BUDGET WISE: the adventure begins in September

When Kate Jackson, 20, moved into an apartment with friends in her second year at St. Francis Xavier University in Nova Scotia, she started to keep better track of her money.

As a freshman, the Bachelor of Arts student had lived in residence with a meal plan. But having to pay rent and buy food, "I became a more conscientious buyer. When it came to groceries, for example, I gave myself a $40 weekly budget. I started to pay close attention to specials and buy the less expensive brands. I also cut out junk food."

"Having a budget is the difference between being passive about the way you spend money and really understanding your full flow of cash," says Kavita Joshi, Director, Student Markets at RBC.

And, a budget doesn't mean you can't enjoy yourself. Going to school is a wonderful adventure – and you should enjoy it. "What's important budget-wise is that you learn to manage the money you have, not just monitor it."

Joshi says it's easy to buy a $2 cup of coffee from Starbucks – and not really pay attention to the purchase. "But when you add that daily $2 coffee to the $7 lunch that you buy five days a week... it's comes to almost $200 a month! When you are cash-strapped, that's a lot of money."

Says Joshi: "A budget is about making informed decisions and living within your means. But you can only live within having x number of dollars every month if you know how much you need and how much you have."

Kate Jackson, a Bachelor of Arts student at St. Francis Xavier University, prepares to sing in front of other students and her professor during a weekly performance class.

HOW TO BUDGET

1. Make a list of income from all sources (from parents, loans, bursaries, jobs, etc).
2. Make a list of expenses ('must have's' such as tuition, books, rent and food; and 'want to have's' such as eating out and clothes; put an emergency fund amount on this list too).
3. Add up each list. If there is a deficit, look at ways to reduce spending and/or increase income. If there is a surplus, it may be a good idea to invest that money. A financial advisor can help in both cases. "Remember, the more you practice sticking to a budget, the better you get at it," says Joshi.

SHOP SMART: Plan Your Purchases

There are lots of ways to spend less money, and you can still get what you need – and enjoy life!

- *Shop at discount grocery stores. Always make a list of what you need to buy (plan meals so you're not picking up items randomly).*
- *Use discount coupons for food items, restaurants, theatres or sports events.*
- *Take advantage of student discounts. For example, RBC Royal Bank sponsors the Toronto International Film Festival Film Circuit program and provides student specials. Some schools have discounted student lots – you may have to walk further to park your car, but you save money.*
- *Buy second-hand books.*
- *Buy on sale. Wait, watch and buy what you need when the prices are slashed.*
- *Negotiate. Sometimes a retailer will give a small discount (if you pay in cash, for example).*
- *Find the best deal by taking the time to compare prices.*
- *Shop at garage sales.*
- *Find fun and funky clothing at thrift shops and seconds stores.*
- *When buying a big ticket item (such as a computer or car), give yourself a 24-hour cooling period and make sure you really want/need the item.*
- *If you have a meal plan, use it. Avoid fast food or snacks off campus.*
- *Use Rewards programs. For example, some credit cards earn Rewards points.*
- *When eating out, go to eat-all-you-want restaurants and special meal nights (cheap wings and beer).*
- *Be especially aware of false economies, says Joshi. For example, if you skimp on groceries but eat out almost every night, or if you skip a transit pass but spend a lot on expensive cab rides, you're probably blowing the budget.*

Offer refers to the RBC Student Banking account with no monthly fee, 25 free debit transactions a month and a no annual fee credit card. Or, open the RBC No Limit Banking for Students® account and your monthly fee will be fu

▶ Ken Downing said that what he is on the lookout ar are items a woman does not have already in her wardrobe, especially since women have been more selective in their purchases during the recent economic downturn.

Fall fashion forecast

- Ken Downing keeps an eye on what might be influencing designers
- Every year people look to him for his fashion predictions

Ken Downing says the forecast calls for pantsuits, capes, fur, lace and, oh yes, feathers.

If women are skeptical that they will be wearing a frothy shirt of lace beneath a tailored pantsuit or shoes trimmed with feathers this fall, they shouldn't be. Downing, luxury retailer Neiman Marcus' fashion director, has been digesting designer offerings from New York to London to Paris to Milan to come up with a list of trends sure to get people running to the mall.

"I really create the attitude and the message and the mood of the season that the company will be following"
KEN DOWNING

"I really create the attitude and the message and the mood of the season that the company will be following," Downing said.

His fashion forecast is then integrated into everything from the Dallas-based company's marketing message to what buyers look for to how mannequins are dressed. To create that trend list, Downing watches for recurring themes at fashion shows around the globe. Then he checks out whether designers are producing enough of those trendy items he has honed in on to fill store racks.

"We start to talk about do we have the critical mass to make these bold predictions?" he said.

For instance, he said, "If we believe in green, we need to have green everywhere." (This fall, by the way, green will be everywhere, he says, especially in the military-influenced olive.)

Boots of all heights are also in the fall forecast, he said. And a structured handbag is a must, not to mention pearls, "ropes and ropes" of them. Also, he says, keep an eye out for capes and vests.

THE ASSOCIATED PRESS

▶ Ken Downing

How to know

Fashion forecast Downing travels to Neiman Marcus stores across the country to talk to customers about the coming fashion forecast and get their comments.

3 life

No fashion lover's coffee table is complete without Chanel, by Edmonde Charles-Roux (Vendome Press) Consider this biography by former Paris Vogue editor-in-chief Edmonde Charles-Roux a must for any fashion lover's library. METRO

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Deal of the week

ISABEL TOLEDO

$55, payless.com

Isabel Toledo for Payless

Isabel Toledo's much anticipated collection for the American discount shoe chain, Payless, has finally hit stores. These nylon platform booties feature the American designer's trademark flair for geometric shapes and pops of color. METRO

An overnight success? Nope

- He's living the dream but it didn't happen as quick as some think
- Designer Prabal Gurung is finally tasting the fruits of his labour

LOUIS LANZANO/THE ASSOCIATED PRESS

▶ Top fashion magazines heap praise on Prabal Gurung's designs, celebrities call to borrow dresses, orders are flowing and surely his runway show next month at New York Fashion Week will be one of the hot tickets.

As cliches go, designer Prabal Gurung is the first to say he's living the American dream: Kid from Nepal is now dressing Michelle Obama, wife of the U.S. president, on a regular basis.

Top fashion magazines heap praise on his work, celebrities call to borrow dresses, orders are flowing and surely his runway show next month at New York Fashion Week will be one of the hot tickets.

Yeah, Gurung says, life is good.

He takes issue, however, with being called an overnight success. Gurung has been sketching since he was a young boy and left Nepal for India to work as an apprentice, and then went to Australia and London assisting stylists. He flew clear across the world — alone — to land in New York, a place he'd never been before, attended Parsons The New School for Design, interned at Donna Karan and worked for Cynthia Rowley all before getting his big break as design director at Bill Blass.

Last fall marked his first formal collection presentation for editors, retailers and stylists under his own label, and he staged his first runway show in February.

"For 10 years, I've paid my dues, but everything has just now fallen into place," he says.

Not that he's unappreciative. During a recent interview, Gurung several times talked about the generosity of an industry that too often gets a bad rap for being cutthroat. As he gains success, he pledges to share his knowledge with even younger designers — he won't give his age, only saying he's "young enough" — and to try to keep busy the struggling old-school artisans who can do with feathers, beads and bows things that a machine can't.

"For 10 years, I've paid my dues, but everything has just now fallen into place"
PRABAL GURUNG

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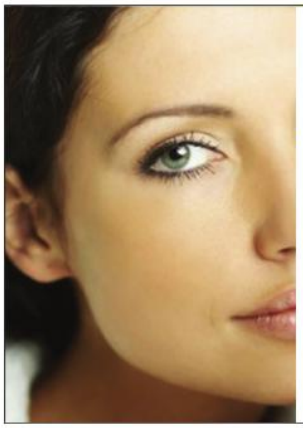

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Victoria's Secret Angels flock to Toronto for lingerie launch

GEORGE PIMENTEL/GETTY IMAGES

▶ Models Erin Heatherton, Adriana Lima and Chanel Iman attend the Victoria's Secret Launch In Toronto at Yorkdale Shopping Centre.

- Retailer opens up shop at Yorkdale Shopping Centre
- Plans for four more stores in Canada by year end

A trio of Victoria's Secret Angels landed north of the border to help establish the famed lingerie retailer in Canada.

Supermodels Erin Heatherton, Chanel Iman and Adriana Lima attended the ribbon-cutting yesterday of Toronto's first Victoria's Secret store.

The women were on hand for the opening of the retailer's newest location at Yorkdale Shopping Centre. The store will be open to the public Thursday.

Wearing white T-shirts emblazoned in pink with "Victoria's Secret Loves Canada" Lima used an oversized pair of glittery scissors to slice the pink sash while Heatherton and Iman held onto each end.

Onlookers pulled out cameras and phones to snap photos of the Angels.

Victoria's Secret officially kicked off its Canadian launch earlier this month in Alberta, opening its first location at West Edmonton Mall.

The retailer plans to open a total of four stores in Canada before the end of this year, including two more in Toronto.

While Victoria's Secret sells a wide range of women's apparel and accessories, including clothing, footwear and swimwear, it has become synonymous and perhaps best known for its barely-there lingerie items.

Its high-profile fashion show has also featured some of fashion's most famous faces. Tyra Banks, Naomi Campbell, Gisele Bundchen and Heidi Klum are among the supermodels past and present enlisted as Angel ambassadors for the brand. They've donned the famed angel wings — and little else — on the catwalk. Victoria's Secret is owned by parent company Limited Brands, which also operates Bath and Body Works and Canadian lingerie chain La Senza.

In April, Limited Brands announced plans to move 50 creative and merchandising jobs from Montreal to its main office in Ohio.

The move came as the company announced the creation of Limited Brands Canada, intended to bring the administration of its La Senza, Bath and Body Works, Victoria's Secret and Victoria's Secret Pink brands under one umbrella in Canada.

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Bank or budget

▶ Real-life application: Aviator jackets tend to add bulk to an outfit. Unless you're going for that extra large look, try pairing the jacket with clean, simple silhouettes like stylist Claire Richardson does here.

Two trendy aviator jackets, for two different fall budgets

KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

These jackets actually combine two of fall's most visible trends in one. They've got shearling, which seemed to line just about every piece of outerwear that walked the autumn/winter '10 runways and look like they could have come straight out of Howard Hughes's wardrobe.

Their popularity means you can find one at any price.

The Aviator Jacket

$252 — $3,595

Men's pick

Malin + Goetz Eucalyptus Deodorant

Seeing as it took Malin + Goetz three years to formulate this product, it should come as no surprise that it's the most effective natural solution to underarm odor and bacteria that we've seen yet. The eucalyptus deodorant is alcohol and aluminum free, which means it's suitable for sensitive skin and won't leave any unsightly residue. And unlike many deodorants on the market, this one won't react with sweat to leave permanently stained armpits on your clothing. Yes, that sounds gross. But don't pretend it hasn't happened to you. For those of you who live in parts of the world that have suffered record-breaking temperatures this summer, consider this a much needed antidote to the heat.

RICHARD PECKETT

MALIN + GOETZ
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Surviving fall changes

The lack of humidity in the air can cause problems for your skin, hair and makeup

The change in seasons can wreak havoc on your hair and skin.

The lack of humidity in the air can strip away moisture from any available source, causing dull, dry and itchy skin and hair issues such as split ends and static. However, it's easy to stay summer fresh as the temperature drops by using the key beauty essentials already in your makeup kit. When your skin is depleted of moisture it can become flaky and itchy. Avoid harsh scrubs and soaps and keep skin moist with a cream-based cleanser and a rich moisturizer. Choose a cream such as Pond's Dry Skin Cream — without harsh, irritating chemicals — that is designed for dehydrated and sensitive skin and deep overnight hydration. Next, revive your dry summer locks with a polished coif. Attempt to leave more time between washes, so that the natural oils in your hair can prevent dryness. When washing, follow this simple routine.

NEWS CANADA

Tips

How to get the most of your hair

- **Hair** Wash your hair with a mild shampoo and follow with a deep intensive conditioner.
- **Towel** After washing, wrap your hair in a towel, which will create a humid environment, allowing the conditioner to penetrate into the hair.

ISTOCK PHOTO

▶ The change in the air can wreak havoc on your skin, hair and makeup.

Freshen up your look

The bright and iridescent makeup shades and beachy tousled hair that worked during the summer months can look passé for fall.

Update your look with a refined autumn beauty regime — focusing on a darker makeup palette, full brows and a polished lip shade — using the high-impact beauty tools already in your makeup bag.

Mix up your liner routine by switching to a deeper and darker shade utilizing your favourite eyeshadow.

Finish with clump-free lashes.

And do your best to put your summer look behind you.

NEWS CANADA

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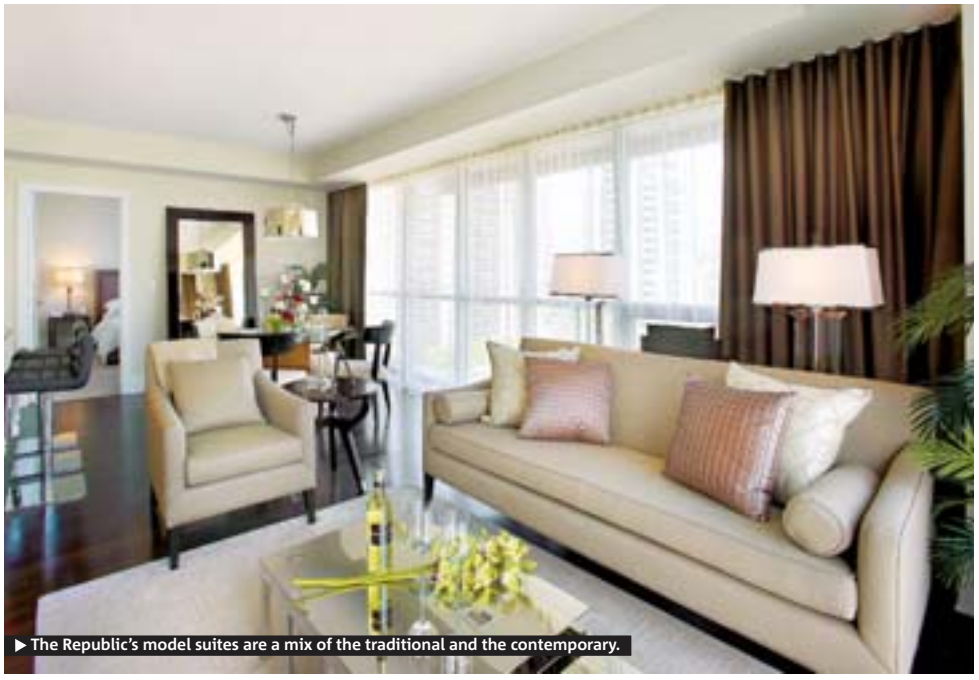
Subtle sophistication finds home at Tridel's Yonge and Eglinton condominium The Republic ◐ Designer Joy Huynh wanted space to look like something the clientele 'can really live in'



▶ The Republic's model suites are a mix of the traditional and the contemporary.

The Republic of elegance

SUITE TALK

RAFAEL BRUSILOW
HOME@METRONEWS.CA

Graceful luxury meets modern charm at The Republic in a space that feels uniquely liveable.

Designer Joy Huynh combined traditional and modern influences to create a model suite that captures a spirit of both elegance and excitement.

"I was going for a contemporary look, something elegant and sophisticated and I wanted to mix traditional pieces with contemporary ones, adding a few pieces which stick out themselves and make the whole space stand out more," Huynh said.

Details like the chandelier and light above the kitchen island accentuate the modern feel of the space because Huynh chose a polished chrome finish instead of gold and the polished nickel coffee table adds contemporary appeal compared to a more conventional glass or wood table.

With floor-to-ceiling windows flanking the main living area, Huynh offset the brightness with a dichotomy of rich cappuccino and mahogany tones on elements like chairs and drapes to match the flooring and finishes in the cabinetry.

"The living room itself is quite light, long and narrow so I added in those dark pieces because they keep the eye going through the room. The dark drapery also gives a very dramatic look," Huynh said.

Avoiding bright, flashy tones was a conscious decision for Huynh who instead opted for more subtle, neutral colours throughout the model unit better suited to the target buyer.

"Bright colours attract a different type of client — this suite here is more for an older clientele so I just really wanted to keep things simple and elegant. Simple colours also allow the client to picture something they would like in the suite without being distracted," Huynh said.

Ultimately, Huynh hopes the look of the model suite feels both attractive and attainable.

"I tried to keep things not too traditional because I really want the client to see the suite as an elegant space but that's not contrived, something they can really live in," Huynh said.

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Hot, hot fireplace

Adorning the mantle with picture frames, vase one of the best way to add flare to your fireplace

HOMES IN STYLE

HEATHER BUCHAN
HOME@METRONEWS.CA

A fireplace is the focal point of any room, so it certainly shouldn't be an afterthought when it comes to decorating.

According to style maven Karen Kwinter — style editor at large for both Canadian Living and Homemakers magazines — the quickest way to add flare and interest to a fireplace is to adorn the mantle with cherished possessions.

"Whether it's a great collection of black-and-white picture frames leaning against the wall, or a bouquet of flowers in an interesting vase, placing items on the mantle will draw your attention to the fireplace immediately," she explains.

Kwinter says her favourite mantles usually feature a monochromatic palette of a mix of great antique and modern finds, layered amongst each other. "Maybe it's a stack of white lacquered boxes with black trim, bone horns resting beside them, a unique vase or sculpture, or a great clock," she adds.

The key is to contrast objects with flowing curves alongside those with strong angles in order to create visual movement. And candles always add warmth to the ambiance.

If you have a small room, Kwinter suggests hanging a framed mirror above your mantle running the full length; this will create the illusion of space and add light and dimension to the room.

Finally, if you don't have a working fireplace, Kwinter recommends placing a collection of candles inside the fireplace for a warm and inviting touch.

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8

5

7

9

1 URBAN BARN, $36-48
These shell-inspired ceramic Conch Vases in white and chrome finishes add a bright touch to any mantle whether filled with flowers or left empty as decorative accents; $36 (white), $48 (chrome); urbanbarn.com.

2 URBAN BARN, $5
These Scented Candles come in a variety of sizes and scents including ocean, sandalwood, green tea, freesia and eucalyptus

3 URBAN BARN, $16
Add a delicate touch to your mantle with this Metal Lace Candle Holder, available in green, black and white finishes; urbanbarn.com.

4 WEST ELM, $149
Open up a small space by hanging this Antique Tiled Mirror over or on your mantle or simply resting it against the wall for a more contemporary feel; westelm.com.

5 WEST ELM, $19
These sleek monochromatic 13" Square Gallery Frames are the perfect backdrop in which to showcase your most treasured photos on your mantle; westelm.com

6 POTTERY BARN, $49-129

Add a warm, rustic touch to a fireplace with these copper vessels from the Anatolia copper collection that can hold flowers, firewood or any other item you'd like to display; potterybarn.ca.

7 POTTERY BARN, $28-72

Displaying a collection of candles inside a non-working fireplace is made more elegant when the candles are placed inside these Avery Hurricanes; potterybarn.ca.

8 CRATE & BARREL, $7.95

Add an organic touch to a fireplace vignette by displaying this nature-inspired Echo 4x6 Pillar Candle; crateandbarrel.ca

9 CRATE & BARREL, $39.95 (SET OF THREE)

Introduce a bust of colour with these high-gloss Zarha Vases which can be grouped together for real impact, or separated along a mantletop; crateandbarrel.ca.

Like Minded.

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▶ Every room needs three types of lighting — overall, ambient and task.

Time to shine a little light

With summer slowly bowing out, it's goodbye to natural light Here are a few tips to becoming lamp-savvy

DECOR MOMENT

KARL LOHNES
HOME@METRONEWS.CA

It's that time of the year when daylight starts to disappear earlier and earlier in the day. Within the next few months we'll be without sunlight by the ride home from work. Now is the time to change up the lighting and wattage around the house to accommodate for the darker days over the next few months. Every room needs three types of lighting; overall, task and ambient. Here's a list of light sources and the wattage needed:

Ambient Lighting:
Creates subtle amounts of light that brighten a dark corner or illuminate a dark hall or entrance. A great light to have on when entering your home after dark. Wall sconces in a dining room, night lights in the hallway and hidden rope lighting under a bed or on a balcony. The bulb wattage should be between 15-30 watts.

Designer tip: Using LED candles can add ambient light and sparkle to a room.

Task lighting:
This strong, directed light helps get tasks done. A swing arm lamp for reading in the bedroom, under cupboard lighting to illuminate the countertops in the kitchen and the Hollywood bar lights to help put on makeup in the bathroom are all prime examples. The bulb wattage should be between 40-80 watts.

Designer tip: Every comfy chair should have a reading floor lamp beside it.

Overall Lighting:
The strongest of lighting, the entire room will be illuminated to help when painting, cleaning, or doing crafts. The centre ceiling light in the bedroom illuminates for making the bed, recessed pot lights in the living room wash light around perimeters and a ceiling fan light in the family room helps when playing board games. Strength of bulbs to use: 60-100 wattage.

Designer tip: If you don't have a light outlet in the centre of the ceiling for a light then use a floor standing torchier lamp to illuminate a room; it will shoot light up onto the ceiling and illuminate the entire room.

Fun quotes

- "Ever arrive at work with one navy sock and one black one? Time to increase your lighting!"
- "I use 20 watt bulbs to look young, 60 watts for work and 100 watts for cleaning. Nobody ever looks young when they are cleaning."

Rooftop Surfing

DUPUIS
HOME@METRONEWS.CA

CONDO MARKET SHIFITING TO 905

The high-rise condo market in the GTA Area continues to rise high with another 1,222 units sold in July, bringing January-July sales up to 11,327 units, an 104 per cent increase over January-July, 2009.

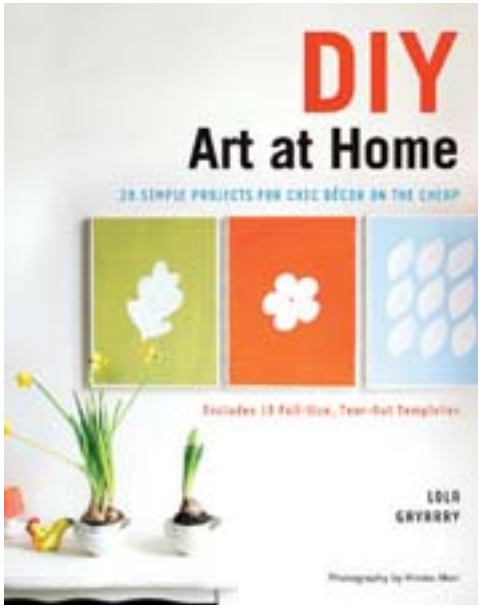
What's particularly interesting about the July numbers is the fact that 46 per cent of high-rise sales were recorded in the 905 Regions. Up to this point, the 80/20 rule was in effect, meaning that 80 per cent of the high-rise condo sales in a given month were concentrated in the City of Toronto and 20 per cent in the 905 Regions, primarily Peel (Mississauga) and York (Markham).

I've been saying for quite some time now that this traditional 80/20 split would start to re-balance towards 60/40 as the condo market matures and the Greater Golden Horseshoe Growth Plan, which calls for 40 per cent intensification, kicks-in, so this may be the "TSN turning point."

Toronto still leads the way with 658 high-rise condo suites sold in July, the other half split between Etobicoke, North York and Scarborough. As for the 905 municipalities, Mississauga was tops with 171 units sold, followed by Brampton (157), Markham (90) and Richmond Hill (72).

With continued strong sales, the high-rise price index rose exactly 10 per cent year over year, and currently sits at $430,782 compared with $391,673 last July.

Forget van Gogh, art it up yourself



Our walls beg for art, but we don't have to.

With a little ingenuity, do-it-yourselfers can have chic artwork covering nearly any bare wall space. And not just any slapped-together art, mind you, but pieces that guests will coo over.

It can be done in hours with very little money. Home-design experts are brimming with DIY ideas to help anyone strike out artfully on their own.

Designer David Bromstad, who creates wall-art magic as host of HGTV's Color Splash: Miami, shares a few, basic pointers: Keep it simple. Have reasonable expectations. And copy, copy, copy.

"I cannot stress it enough: Be inspired by other artists and designers," says Bromstad. "Copy it. It's OK to do. That's what they're there for."

After all, beginning artists learn from copying the masters. "That's how I learned how to paint (and draw). Van Gogh, Rembrandt — I copied them," says Bromstad.

Different strokes

DIY decor art ideas from David Bromstad, host of HGTV's Color Splash: Miami.

- Buy several inexpensive canvases and acrylic paint. Consider using a high-quality, latex house paint. Artists often do, he says. Choose a simple design, such as stripes or geometric shapes, or paint each canvas a different colour. Hang the canvases like an installation — randomly, or in rows.

French artist and textile designer Lola Gavarry takes the fear out of painting with her book DIY Art at Home (Watson-Guptill, 2010). Templates are included for some of the 28 projects, each of which offers a simple, contemporary design element. Gavarry walks DIYers through each project, and the steps are amply photographed.

THE ASSOCIATED PRESS

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El Barrio fare — slow but appetizing Mediterranean

STEPHANIE DICKISON/FOR METRO TORONTO

▶ Flank Steak with Seasonal Vegetables ($12).

The city's blazingly hot and hazy A relaxed lunch is in order

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

El Barrio in Kensington is extremely laid-back — garage doors open, music blaring, lackadaisical staff, and tables full of folks looking to get away from work give the place a slight island vibe. No rushing here.

The menu features Mediterranean-style salads, sandwiches and mains.

My vegetarian companion chooses the Piquillo Pepper, Manchego Cheese & Spinach Tortilla ($9). A baked omelette with potato and sautéed onion, served with mixed greens, fills and pleases him.

Being a meat enthusiast, I cannot resist the Flank Steak with Seasonal Vegetables ($12). It is served in tender bite size pieces with velvety mushrooms, eggplants and roasted red peppers underneath. Freshly made salsa verde elevates the dish, but why there is a weird rice crisp covering the plate is beyond me.

Delectable dishes and good portions. Now if only we could get our bill.

- **El Barrio**
- **234 Augusta Ave.**
- **416-203-8777**
- **Hours of Operation: Tues to Sun 11 a.m.-8 p.m., Mon 11 a.m.-4 or 5 p.m.**
- **Rating: ***½**
- **Price range: $5-17**
- **Licensed: No**
- **Time in 2:31 p.m.**
- **Time out 3:48 p.m.**

Blueberry Maple Bake

Ingredients :

- 1 loaf egg challah or other firm white bread
- 1 250 g package light cream cheese
- 500 ml (2 cups) fresh or frozen blueberries
- 8 eggs beaten
- 375 ml (1 ½ cups) milk
- 50 ml (¼ cup) maple syrup
- 50 ml (¼ cup) melted butter

Preparation:

1 Preheat oven to 180 C (350 F). Remove crusts from bread; cut in 2.5 cm (1-inch) cubes. Cut cream cheese into cubes (makes about 250 ml/1 cup). Grease a 23 cm (9-inch) square baking dish. Place half of the bread cubes in the dish. Scatter cream cheese cubes and about half of blueberries over the bread.

2 Top with remaining bread cubes and blueberries. In a bowl, combine eggs, milk, maple syrup and butter. Carefully pour over bread mixture. Bake until a knife inserted in the centre comes out clean, about 1 hour, covering with aluminum foil if edges brown too much. To serve, cut in squares. Serve with additional maple syrup if desired.

THE ASSOCIATED PRESS

Gulf seafood marked safe, but is it?

Shawn Mattiuz, manager of the Hapuku Fish Shop in Market Hall, a collection of upscale food purveyors in Oakland's bustling Rockridge district, has been watching the Gulf seafood saga play out in the ice-cooled trays of his display cases.

For a few days after the oil spill turned into a crisis this spring, demand stalled as "everybody freaked out," he said. Since then, he says concern has died down and he's selling about the same amount of Gulf shrimp as he did pre-spill.

"I get a lot of questions about it, definitely. They want to know if it's regulated," says Mattiuz. "The truth of the matter is from everything that I've read, it's more highly regulated now than it ever has been."

More Gulf waters are reopening to fishermen, and government officials say seafood cleared for sale has been thoroughly vetted. Whether consumers are buying those assurances — and the fish — remains to be seen.

Nationally, an Associated Press-GfK poll that surveyed 1,007 adults found that 54 per cent did not trust the seafood.

But Jimmy Galle, founder of Sausalito-based Gulfish LP and supplier to Hapuku and a number of upscale restaurants in the San Francisco Bay area and elsewhere, says his business has begun to grow again after a few lean months. "And the shrimp has been nothing less than spectacular lately," he said.

Ann Cashion, co-owner of Johnny's Halfshell in Washington, D.C., one of Galle's clients, sees concerns about Gulf seafood safety fading.

Cashion believes the testing is thorough, particularly because state officials are involved. "The state of Louisiana and the Gulf Coast in general has so much to lose if there is any kind of problem with any seafood, so I know the inspection is going to be thorough and is going to err on the side of (caution)," she said. THE ASSOCIATED PRES

THE ASSOCIATED PRESS PHOTO

▶ After being deemed safe, will customers buy Gulf seafood?

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Contest participants will have a chance to win 1 $10,000 IKEA gift card or 1 of 15 $500 IKEA gift cards. Skill testing question required. For complete contest details please visit CaptureThePage.ca. © Inter IKEA Systems B.V. 2010.

Golf. (Young) women's action

▶ Michelle Wie watches her shot on the 10th hole yesterday during the Pro Am round of the CN Canadian Women's Open in Winnipeg.

TREVOR HAGAN/THE CANADIAN PRESS

Youth will be served at this week's Canadian Women's Open

The average age of the top-10 players heading into this week's CN Canadian Women's Open at St. Charles Country Club is 24. Japan's Ai Miyazato, the No. 1 player on the Rolex World Rankings list, is just 25. Players can't get their LPGA card until they're 18, but many are turning pro in their teens and playing on sponsors' exemptions. This week's tournament — the only Tour stop in Canada — begins today with a field of 156 players, including 48 of the top 50 on the money list. THE CANADIAN PRESS

NHLers at Games a mixed bag: Bettman

- Panel including NHL commissioner discusses sending players to Winter Olympics
- A decision on sending NHLers hasn't been rendered for 2014 Games in Sochi

Having heard several impassioned pleas from the floor and from members of his own panel, Toronto Maple Leafs general manager Brian Burke leaned into a microphone and raised his voice as he laid out reasons why the NHL would consider pulling out of the Olympics.

▶ Bettman

It had become the dominant issue at the world hockey summit yesterday in Toronto, beginning with NHL commissioner Gary Bettman's public appearance and continuing into the afternoon panel discussion. High-ranking officials from North America and Europe were drawn into several colourful exchanges.

And, as usual, none were more colourful than Burke.

"It's not that simple to get everyone on a goddamned plane and go over and play the games," Burke said. "I want to go, and I think we should go. But for people to say 'It's priceless,' it's not that simple. We have teams that are losing $30 million a year.

"Do you think they want me to stand up in a meeting and say, 'I don't want to hear about the problems. Let's get on a plane?' It's not that simple, and we're letting it become an emotional issue in this room."

95 Mike Ouellet, chief of business affairs with the NHL Players' Association, was also part of the panel. He cited a two-year-old union survey that revealed 95 per cent of NHL players were in favour of continuing at the Olympics beyond the Vancouver Games.

The NHL has been sending players to the Olympics since 1998, and a decision has not been rendered for the 2014 Winter Games in Sochi.

"We haven't said 'No,'" Bettman said. "And anybody who suggests that we've made a decision or suggests I'm anti-Olympics doesn't get it, because what we've been simply saying is, 'It's a mixed bag.'" THE CANADIAN PRESS

NFL owners support change to schedule

NFL owners have shown widespread support for going to an 18-game schedule but want to implement the change as part of a new labour agreement.

Commissioner Roger Goodell said owners see two more regular-season games — and two fewer pre-season games — as the most logical way to enhance revenues in a difficult economic environment.

He said it will be one of the main issues in talks on reaching a new collective bargaining agreement.

THE ASSOCIATED PRESS

Doctors group seeking ban of MMA matches in Canada

The country's largest doctors group wants government to ban mixed martial arts, a sport it calls dangerous because of the risk of potentially lifelong injuries to fighters.

After often heated debate, about 250 delegates attending the Canadian Medical Association annual meeting voted overwhelmingly yesterday for the organization to campaign for a ban of "mixed martial arts prizefighting matches in Canada."

Dr. Anne Doig, outgoing CMA president, said one of the primary responsibilities of physicians is to promote good health.

Tom Wright, who heads up the UFC's Canadian office, said the league is as rigorous as any professional sports organization when it comes to the health and safety of its athletes.

THE CANADIAN PRESS

4 sports

Quoted

"What's the biggest challenge? That's a good question. Every time you take over a team in a new situation, you're trying to change the mindset from hoping to win to expecting to win."
NEW BUFFALO BILLS COACH CHAN GAILEY

"This is a new beginning for everybody. To me, all the other sins are all kind of gone away."
GAILEY

Scan code for sports

Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	78	49	.614	-
TAMPA BAY	78	49	.614	-
BOSTON	73	55	.570	5.5
TORONTO	66	60	.524	11.5
BALTIMORE	44	82	.349	33.5

AL CENTRAL

	W	L	Pct	GB
MINNESOTA	72	54	.571	-
CHICAGO	68	57	.544	3.5
DETROIT	63	64	.496	9.5
KANSAS CITY	54	73	.425	18.5
CLEVELAND	50	76	.397	22

AL WEST

	W	L	Pct	GB
TEXAS	71	54	.568	-
OAKLAND	63	62	.504	8
LOS ANGELES	63	65	.492	9.5
SEATTLE	50	77	.394	22

NL EAST

	W	L	Pct	GB
ATLANTA	73	54	.575	-
PHILADELPHIA	70	56	.556	2.5
FLORIDA	63	62	.504	9
NEW YORK	63	63	.500	9.5
WASHINGTON	53	74	.417	20

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	73	54	.575	-
ST. LOUIS	68	56	.548	3.5
MILWAUKEE	59	66	.472	13
HOUSTON	57	69	.452	15.5
CHICAGO	54	74	.422	19.5
PITTSBURGH	43	84	.339	30

NL WEST

	W	L	Pct	GB
SAN DIEGO	75	49	.605	-
SAN FRANCISCO	71	57	.555	6
COLORADO	66	60	.524	10
LOS ANGELES	64	62	.508	12
ARIZONA	49	77	.389	27

Yesterday's AL results

[illegible]
Boston 5 Seattle 3 (1st game)
Kansas City 4 Detroit 3 (12 ings)
L.A. Angels 12 Tampa Bay 3
Oakland 6 Cleveland 1
Seattle 4 Boston 2 (2nd game)
Minnesota at Texas
Baltimore at Chicago White Sox

Today's AL games

Oakland at Cleveland, 7:05 p.m.
Detroit at Toronto, 7:07 p.m.
Minnesota at Texas, 8:05 p.m.
Baltimore at Chicago White Sox, 8:10 p.m.

Yesterday's NL results

Chicago Cubs 4 Washington 0
Cincinnati 12 San Francisco 11 (12 ings)
Colorado 12 Atlanta 10
Florida 5 N.Y. Mets 4
Houston 3 Philadelphia 2
Pittsburgh 5 St. Louis 2
L.A. Dodgers at Milwaukee
Arizona at San Diego

Today's NL games

Houston at Philadelphia, 1:05 p.m.
L.A. Dodgers at Milwaukee, 2:10 p.m.
Arizona at San Diego, 6:35 p.m.
St. Louis at Washington, 7:05 p.m.
Florida at N.Y. Mets, 7:10 p.m.

TRANSACTIONS

American League

CHICAGO WHITE SOX - Placed LHP Matt Thornton and RHP J.J. Putz on the 15-day DL. Recalled RHP Lucas Harrell from Charlotte (IL).
MINNESOTA TWINS - Claimed LHP Randy Flores off waivers from Colorado. Transferred LHP Ron Mahay to the 60-day DL.

NHL

LOS ANGELES KINGS - Agreed to terms with D Willie Mitchell on a two-year contract.
TAMPA BAY LIGHTNING - Re-signed RW Steve Downie to a two-year contract. Signed D Randy Jones to a one-year contract.
VANCOUVER CANUCKS - Signed F Raffi Torres to a one-year contract.

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Wells finds his power

- Jays outfielder hits first homer since Aug. 3; drives in four runs
- Cecil now 7-1 against AL East teams after another strong outing

REUTERS

▶ Vernon Wells follows through on his two-run homer last night against the New York Yankees.

Vernon Wells drove in four runs with a homer, triple and a single and Brett Cecil pitched eight strong innings as the Toronto Blue Jays defeated the New York Yankees 6-3 last night.

Cecil (11-6) held the Yankees to seven hits and two runs while walking two and striking out five in the rubber match of a three-game series before a crowd of 31,449 at Rogers Centre.

The Blue Jays are 7-5 in the season series against the Yankees with six games left between the American League East rivals.

6	3
BLUE JAYS	YANKEES

Wells hit his 23rd homer of the season — and first since Aug. 3 — with one on in the third, tripled in a run in the two-run first and singled in a fourth-inning run that ended the night for Yankees starter Phil Hughes.

Wells was a double short of becoming the third Blue Jay to hit for the cycle.

Aaron Hill hit his 19th homer against Javier Vazquez in the fifth to snap an 0-for-20 slump. Marcus Thames hit his sixth homer with one on in the fourth against Cecil.

Hughes (15-6) lasted only 3⅔ innings and allowed five runs, six hits and five walks.

Jason Frasor pitched the ninth for Toronto after Cecil finished his outing with 106 pitches. He allowed a pair of two-out walks, bringing in Kevin Gregg to get his 29th save despite giving up a run-scoring single to Eduardo Nunez and loading the bases by hitting Derek Jeter with a 3-2 pitch.

Cecil entered the game 6-1 with a 2.13 earned-run average in eight starts against American League East teams this season. That included a 1-0 record and a 1.29 ERA in the left-hander's two starts against the Yankees before last night's outing.

THE CANADIAN PRESS

Manny mum on possible move

$45M

Ramirez signed a $45-million US, two-year extension in 2009 that included $10 million each season and three payments of $8,333,333 each from 2011-13.

JED JACOBSOHN/GETTY IMAGES

▶ Manny Ramirez

Los Angeles Dodgers slugger Manny Ramirez declined to comment on multiple reports that he has been put on waivers.

Ramirez shook off several reporters over an hour in front of his locker before last night's game in Milwaukee.

"No, man, I'm good, thanks," Ramirez said.

The White Sox are said to be interested in claiming him for a post-season push if he's available.

Ramirez was in the starting lineup against the Brewers last night and playing consecutive games for the first time since coming off his third trip to the disabled list.

THE ASSOCIATED PRESS

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By the numbers

64.5

New Oakland Raiders quarterback Jason Campbell is coming off his best season, completing 64.5 per cent of his passes with 20 touchdowns, 15 interceptions and a passer rating of 86.4.

$1M

All-Pro Jets cornerback Darrelle Revis is scheduled to make $1 million in the fourth season of his six-year rookie deal. He wants to be the highest-paid player at the position and didn't report to the team for training camp.

29th

Winning their fifth straight AFC West title should be a breeze for the San Diego Chargers, based on the relative weakness of the division and the Chargers' easy schedule — they are tied for 29th in strength of schedule, with their opponents going a combined 116-140 last year.

162

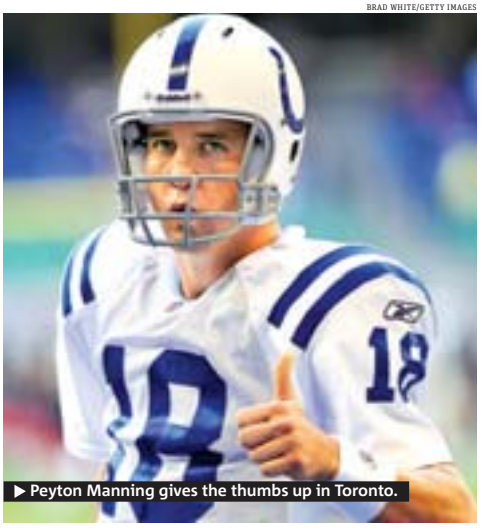
Together, Chris Johnson, below, and Vince Young helped the Titans rank second in the NFL by averaging 162 yards per game. Young had his best passer rating yet at 82.8, and receivers Nate Washington and Kenny Britt are much more comfortable in their second season with the team.

THE ASSOCIATED PRESS

Colts look to turn page on Super Bowl defeat

Defending AFC champs try not to dwell on past successes or failures

BRAD WHITE/GETTY IMAGES



▶ Peyton Manning gives the thumbs up in Toronto.

The Colts are reverting to their short-term memory these days.

The record-setting winning streak? History. Peyton Manning's personal stash of MVP awards? Safely packed away. That incredible run of seven straight 12-win seasons, eight consecutive playoff appearances, a shot at perfection and last year's Super Bowl run?

Forget about it, fans, the players and coaches already have.

"One thing we've always done, whether finishing on top or finishing short, is to put the previous season behind us," Manning said. "We are just going to keep trying to do things the right way."

There's no reason to change now.

Players and coaches often explain they couldn't have won six division crowns, two AFC championships, a Super Bowl title and a league record 115 games over the last decade by constantly reliving their accomplishments or failures.

Few conference champs in the salary-cap era have been as well-positioned to bounce back as Indy.

The 34-year-old Manning has shown no signs of decline. He's coming off a record fourth MVP season, a career-best completion percentage (68.8) and his highest TD total (33) since breaking Dan Marino's league record in 2004.

And if the Colts are healthy Manning just might have the best supporting cast of his 13-year career.

He has four experienced receivers — Pro Bowler Reggie Wayne, 2007 first-round pick Anthony Gonzalez, Austin Collie and Pierre Garcon. Tight end Dallas Clark is coming off his first Pro Bowl season, and Clark's backups, Jacob Tamme and Brody Eldridge, have stood out during the pre-season.

THE ASSOCIATED PRESS

They have dozens of ways to say "I'm sorry."
- Nick
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Opinion

DAN TOTH
CFL EXTRA POINTS

NO SYMPATHY FOR FALTERING ESKIMOS TEAM

No CFL team's fall from grace would have been greeted with such glee as the Edmonton Eskimos' current freefall.

Everybody loves a winner, but lots of sports fans also enjoy watching a great franchise fall on hard times as the Eskies have done recently. The Esks' 1-6 record, complete with firings, resignations and nasty rumours, isn't garnering a whole lot of league-wide sympathy. Where the Green and Gold have faltered (in addition to the won-loss column) is in dealing with the CFL's salary cap, introduced just a few seasons ago. There was a time when the well-heeled Esks, who enjoyed residing in the league's biggest stadium bursting at the seams with fans, could dole out untold cash for the game's best prospects. But now, with a rigid salary ceiling in play, it takes football brains more than fiscal brawn to field a winner.

EAST DIVISION INTRIGUE

You never want to see a player get injured, and by all accounts, Montreal Alouettes quarterback Anthony Calvillo will make a full recovery from a bruised sternum suffered last week. That's great news, but the injury sure has added some intrigue in the East Division. While the Toronto Argos had already starting challenging Montreal for top spot, a prolonged absence of Calvillo will make for an even better race.

With Als backup Adrian McPherson also injured, Chris Leak has assumed control of the offence. Montreal doesn't play again until it visits the B.C. Lions Sept. 3, and that's good news for the Als. In 2001, the last time Calvillo missed a huge chunk of the season with an injury, the Als failed to win another game.

NO-HUDDLE OFFENCE

- Stampeders running back Joffrey Reynolds, the CFL's reigning rushing champ, has moved into 10th on the league's all-time rushing list, passing Tracy Ham.
- Eskimos linebackers coach Dan Kepley's decision to resign without telling his players is just another shocking example of all that's gone wrong in the City of Champions.
- The Saskatchewan Roughriders are box office dynamite wherever they play. Edmonton has sold 45,000 tickets for Saturday's game against the Roughies, significantly better than its season average of 31,763 in its first four home games at Commonwealth Stadium.

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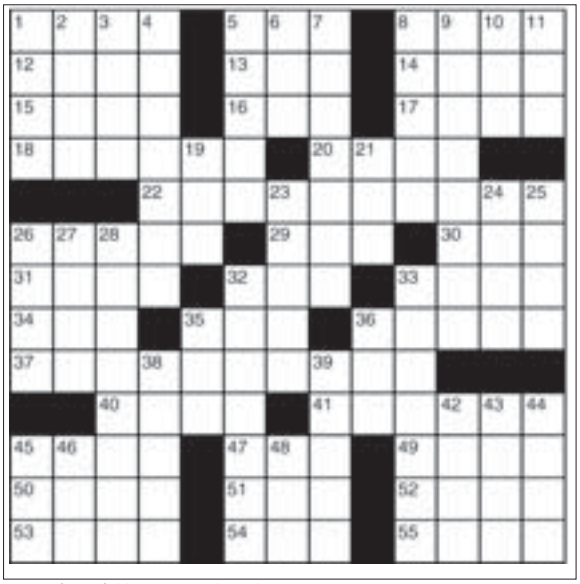
Crossword



Across

1 Willy Wonka's creator
5 U.K. fliers
8 Humpty's perch
12 Cruising
13 Have a bug
14 Do as you're told
15 Wire measures
16 Sis' counterpart
17 Put together
18 Tropical fruit
20 Blueprint
22 Energy
26 Complains
29 Cowboy nickname
30 Rowing need
31 Actress Jessica
32 Unopened flower
33 Initial stake
34 Cover
35 Bobby of hockey
36 Foolish ones
37 Uncertain
40 Women'sgarment, for short
41 Parish head
45 Consumes
47 Lucy of "Charlie's Angels"
49 "The Music Man" setting
50 Rorschach picture
51 Journal
52 Congregational cry
53 Undressed
54 Navy rank (Abbr.)
55 For fear that

Down

1 Moist
2 Largest continent
3 Aid
4 Treat for Garfield
5 Morocco's capital
6 Melody
7 Failed, on Broadway
8 1981 John Lennon hit
9 Leaves in the lurch
10 Started
11 Caustic solution
19 "Of course"
21 Remiss
23 Driver's 180
24 Concert receipts
25 Tramcars' contents
26 Beer ingredient
27 Hodgepodge
28 Kidnapper
32 Reading matter for the blind
33 Unfriendly
35 Resistance unit
36 Census statistic
38 Hereditary status, perhaps
39 Pharmaceuticals
42 Heavy reading
43 Hasn't paid yet
44 Carry on
45 "Chicago" lyricist
46 Carte lead-in
48 Charged bit

▶ Yesterday's answer

Sudoku

7			3					
5	2			7				
		1				9	8	
	7		6		9			2
9			5		8			6
2			1		7		5	
	5	4				3		
				8			7	5
					6			4

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	6	1	9	4	2	3	8	7
3	4	2	1	8	7	5	9	6
7	9	8	6	5	3	1	4	2
2	1	6	7	9	5	4	3	8
9	3	4	2	1	8	7	6	5
8	7	5	3	6	4	2	1	9
4	8	7	5	3	9	6	2	1
1	5	3	8	2	6	9	7	4
6	2	9	4	7	1	8	5	3

Send a KISS

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Cocoabean, I Love you soooo much. You mean the world to me. This has been the best almost 2 yrs of my life.
YOUR JELLYBEAN

Hi Mom, I know you read these every day, so I hope you don't skip over me ;) I love you very much and I am truly grateful for everything you do for me. Love always,
JOSHUA XOXOXOXOXOXO

Hey Bebisim Vefa, Next Monday will be our 2 yrs anniversary together. I love you more and more every single day.
XOXO YOUR NOODLED BOY!

Grasshopper, I'm really glad I helped kick-start your summer. Hope it ends with a blast for you. Missing our kissing-and-candy sessions...maybe there's more in store for us... time will tell ;-) k take care Handsome!! Sending love and light your way,
SUE

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It's time to put your plans into action. With the Sun and Pluto, planet of power, on the best possible terms, anything is possible now — even the impossible!

♉ Taurus April 21-May 21 Whatever it is you are thinking of doing if you act quickly and don't stop to analyze your motives or ponder the consequences you will succeed beyond your wildest dreams.

♊ Gemini May 22-June 21 Push yourself a little bit harder today, because one final effort could be all it takes to make the breakthrough you have been hoping for. Today's Sun-Pluto link will simply destroy obstacles in your path.

♋ Cancer June 22-July 22 This is one of the best times of the year for getting things done, so stop worrying about what might go wrong and start making things go right for yourself.

♌ Leo July 23-Aug.23 What you fear the most is what you have least to fear, and with the Sun, your ruler, on good terms with Pluto you won't fear a thing. Fate is about to make you an offer you cannot refuse.

♍ Virgo Aug. 24- Sept. 22 If your instincts tell you to go for something today you must not ignore them. If you hesitate you may miss out on something really good and spend the rest of the week kicking yourself for being so stupid.

♎ Libra Sept. 23-Oct. 23 This is hardly likely to be a restful day, but it will be a productive day and on balance that's what you prefer.

♏ Scorpio Oct. 24-Nov. 22 Today's Sun-Pluto aspect makes you intensely dynamic and intensely ambitious, and if those you share your life with were hoping for a relaxing day, well, they're going to be disappointed.

♐ Sagittarius Nov. 23-Dec. 21 Something unexpected will happen over the next 24 hours but it won't be bad news for you. On the contrary, the more disruption there is in your social sphere or at work the more you will benefit. Change is good for you.

♑ Capricorn Dec. 22-Jan. 20 You need to put your ego on hold for a while and work alongside other people as equals. If you can do that then the sky is the limit. You don't have to be the big boss in each and every situation.

♒ Aquarius Jan. 21-Feb. 18 Although both the Sun and Pluto encourage you to be more dynamic, something seems to be holding you back. Maybe it's the memory that the last time you tried you came off worst.

♓ Pisces Feb. 19-March 20 You won't stand for any of that nonsense about doing your duty or putting other people's needs first today.

SALLY BROMPTON

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